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Hello Spring
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Barry, Pat, & Katie Fisher

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

- Barry tells about exploring new creative opportunities
- New Dundee's Pat Mighton gets inducted into the Ontario Agricultural Hall of Fame
- Check out the many activities offered at the Baden Library
- Yoga is more than just stretching... learn more from Springhill Yoga
- Go back in time and be fascinated by the Stiefelmeyer family
- Enjoy Cheryl's second article in the listening series
- Learn how to create a healthy ecosystem within your property with Wilmot Horticultural Society
- Want to know more about Antarctica? Try our quiz
- MCC Thrift offers pick up services for large items... read to find out more

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 ~

There's a hint of spring in the air. I think we are all dreaming of that warm sunshine, dry sidewalks, birds chirping, and buds growing.

"Stop and smell the roses" is a well known saying that reminds us to slow down and appreciate what is great around us. Lately, I have tried to be more mindful of certain personality traits that would be an asset for particular careers. I am amazed and shocked at things I often overlook or take for granted.

It's a well-known fact that Canada Post letter carriers must walk long routes in sometimes extreme weather, but could you imagine being alone a whole shift and not interacting very much with others? I would find that a challenge as I am such a people person. They must be grounded and brave to brace such conditions. First responders are in fast-paced careers and help people in grief daily. I cannot imagine what they experience or how they cope. Thank you first responders, for all you do!

But really what provoked my thinking was teachers. Being a teacher to younger students in particular seems incredibly tough. To be able to have control of the classroom, and educate the students while being patient and compassionate would be quite the task. Imagine 20+ children, some of whom may have special needs, who all learn in different ways and at different speeds. Then consider that they are all used to different forms of discipline and rules at home. Trying to follow the curriculum without leaving kids behind who haven't yet grasped the last concept seems like such a balancing act. And yet, teachers need to make their classroom fun because children have to be in the right head space to learn. There might be some sad things that teachers have to address too. Perhaps children from less fortunate homes where money is tight, and lunches are small or missing. Or parents who are not involved in their children's emotional well-being as much as they should be.

I homeschooled my little man last year, and although I enjoy teaching him very much, I know I would not be able to handle a teaching position! I say kudos to all teachers for keeping their sanity and being such wonderful role models for students to look up to. When my little guy went back to the classroom after his brief virtual learning in January, his first excitement was to see his teacher. That says a lot to a mom.



Prepare yourself to get excited... Yep—spring is around the corner and no doubt we are all wanting to spread our wings just as the birds do. It's a good sign when we spring the clock forward on March 13th and really see more daylight, which feeds us all. Also, March 20th marks The International Day of Happiness, which is celebrated throughout the world. It was established by the United Nations General Assembly on June 28, 2012. The International Day of

Happiness aims to make people around the world realize the importance of happiness within their lives. Despite the trauma around the world it's vital that we all try to shine our own personal light into each day. It takes one smile to create another and forgiveness to create humbleness.

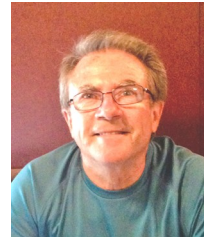
I hope you enjoy this issue with lots of interesting reading and more fun puzzles to entertain you. Be sure to follow up on part two with Cheryl on how to be a better listener and learn how to 'Reframe Negative Situations' with Valerie from ICC. As the pandemic loosens its grip, we are now able to entertain more and you will find the words to this in the "Company's Coming" wordsearch.

Until next month... Happy Spring and Happy April Fool's Day!



Talking with Ed

~ Chopper



“Would you be interested in joining us for a wood whittling course?” Karin asked. My initial thought was how much education do you need to learn how to whittle... and why would we want to? In my younger days I would get my jack knife out, find a branch and start sheering the bark off. I was dubious at first about spending two 2-hour afternoons learning the craft, but after some discussion Pat and I decided to join Rick and Karin and step out of our comfort zone... (of staying home!!) and try something new.



The seminar was held at the Dundee Collective Arts Studio in New Dundee. We were directed to five workstations set up with a carving knife and a 2x2x5 inch block of wood. Another local person was the other student, and the instructor was John French, who grew up in Baden. It almost felt like old home week, and despite our masks we chattered away as we whittled away.

Each block of wood had a piece of paper glued to the side of it with the outline of a bird. We were given our knives, which was included in the course price, and the first segment involved how to be safe as we whittled the wood away trying to define the form of the proposed bird. I am not sure if we weren't listening that well, because all of us walked away with a Band-Aid from a nick or two, mainly from the end of the knife. It was stressed to us how to avoid the edge of the blade, but that tiny point on the end was fast-moving!



John was very attentive to us and guided us through the shaping of our bird. Cutting with the grain seemed essential and would save us from chopping the wood away, although that seemed to be Rick's approach as witnessed by his massive pile of shavings on his desk. After the first two hours, we started to have a rough outline of the bird.

The next day, I think we all woke up with some sort of aches and pains as there was a fair amount of gripping and shaving of the wood (...not because we are seniors!). The next segment involved continuing to shape the depth of the bird and once we got close to that point another outline of the bird was glued onto the top of the project as a visual to start shaping the sides. When we left, we still had a considerable amount of the finer work to do. Once we complete the bird, it will need to have a coating of beeswax applied to preserve it and bring out the beautiful grain of the wood. I am waiting for warmer weather to finish my project out in the garage or on the back deck, as it is quite messy.



John's finished product

All in all, it was a great learning experience, and I was happy that we attended the course. We learned a lot from John and had the opportunity to share our Baden-related stories, which is always fun. It was a great winter weekend!

Until next month, Ed



The perfect time to get away with being a prankster!
But be careful... what goes around comes around!



Happy St. Patrick's Day!

Come join us for some beers & festivities on March 17th!
The band "Unleashed" will be playing from 6 p.m.-10 p.m.

We are open for indoor dining and as per the Ontario government, proof of vaccination is no longer required!

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You Must Be Joking!!



- * Why is everyone so tired on April 1st?
They've just finished a long, 31 day March!
- * Why are trees very forgiving?
Because in the Fall they "Let it go" and in the Spring they "turn over a new leaf".
- * When do people start using their trampoline?
Spring-Time
- * Can February March?
No, but April May!
- * What can you find in the middle of April and March but not at the beginning or end of either?
The letter R!
- * What's the difference between spring rolls and summer rolls?
Seasoning.
- * Did you hear the one about the gardener who couldn't wait for spring?
He was so excited, he wet his plants!



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See What's Happening at the Castle!

Welcome Back! It has been two long years since the Castle was open for March Break and the staff could not be more excited about it. We have many fun things lined up to welcome visitors back beginning on March 16th!

Castle staff are proud to unveil the newest exhibit called *Toys Through Time*. Dolls, cars, and castles, oh my! These past few years have been tough, so we wanted to create a fun, nostalgic atmosphere at the museum. Guests are invited to relax and smile as they explore this playful exhibit. The toys span from the 1880s to the 2010s. Who knows, perhaps you might spot your favourite childhood toy!

In conjunction with the new exhibit, there is also a new event! Are you looking for something different to do with your family this March Break? Castle Kilbride is offering a special 45-minute family tour called *Time with Toys*. Families can tour the Castle (including the Belvedere), try out our unique toys, and explore the museum's newest exhibit, *Toys through Time*. This special tour requires pre-booking.

When: Wednesday, March 16 – Sunday, March 20 at 10 a.m. or 2 p.m.

Cost: \$25/family (2 adults & 3 Children, \$5 extra for additional children).

Tickets must be purchased in advance via our website www.castlekilbride.ca

Regular hours to tour Castle Kilbride commence March 16th. The regular hours of operation are Wednesday – Sunday from 11 a.m. – 4 p.m. Tickets may be purchased online or in person.

Stayed tuned for more exciting events throughout the year. We look forward to welcoming you to the Castle in 2022.



REOPENS
March
16th

Step back into the lavish Victorian era.

OPEN
Wednesday- Sunday
11 am - 4 pm

Tickets can be purchased on-line

Visit
www.castlekilbride.ca
or follow us @CastleKilbride

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NATIONAL HISTORIC SITE
Castle Kilbride
MUSEUM

TIME WITH TOYS
FAMILY TOURS

WHEN: MARCH BREAK
(WED. MARCH 16TH TO SUN. MARCH 21ST)

COST: \$25/FAMILY*
(*2 ADULTS & UP TO 3 CHILDREN, ADDITIONAL CHILDREN \$5)

TIME: 10:00 A.M. OR 2:00 P.M.

A 45-minute tour of Castle highlighting our unique Victorian toy collection, tour of Belvedere Gallery and try our hands on toys.
*Tickets must be purchased in advance. Space is limited.

www.castlekilbride.ca

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ALL THINGS SCRAMBLED

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

Things that Illuminate

RIFE _ _ _ _ _
 PLAM _ _ _ _ _
 FEMAL _ _ _ _ _
 CHORT _ _ _ _ _
 LENDAC _ _ _ _ _
 BACONE _ _ _ _ _
 BROTES _ _ _ _ _
 TRANLEN _ _ _ _ _
 REIMPFAC _ _ _ _ _
 ONNE GINS _ _ _ _ _

Words a Realtor Uses

SEAL _ _ _ _ _
 ROUT _ _ _ _ _
 SHEOU _ _ _ _ _
 REBUY _ _ _ _ _
 LLESER _ _ _ _ _
 TILENC _ _ _ _ _
 GASTGIN _ _ _ _ _
 REFATEU _ _ _ _ _
 TROPPREY _ _ _ _ _
 GROTMAGE _ _ _ _ _

Checking out the Baden Library

More March Break Fun

In addition to virtual programs being offered for March Break, drop into the Baden Branch and pick up a Letter Writing Kit. Before email, people wrote letters and sent them in the mail. Recommended for kids ages 5 – 12 years, this kit has everything you need to write your own letter. Who will you write to?

Games Collection

We've got game! The library has an extensive collection of board and card games for all ages that you can borrow for up to three weeks. Some of our new additions include Concept, L.L.A.M.A., Magic Maze, My Little Scythe, Fantasia Story Cubes, and (Disney) Villainous. A great way to try out a new game! Sign into the online catalogue, search "Board Games" and place a hold on one today.

Are you a gamer? We also have Video Gaming consoles and game bundles for borrowing. Check out the complete list in our catalogue <https://www.rwlibrary.ca/en/collections/games-collection.aspx>

Hobby Kits

Have you checked out one of the Hobby Kits yet? Try out a kit for 3 weeks and



discover a new hobby such as Birdwatching, Ukelele, Woodcarving, Stargazing, Cake Decorating, Crochet, and many more. A complete list is available on the online catalogue. There is something for everyone! <https://www.rwlibrary.ca/en/collections/hobby-kits.aspx>

Mobile Hotspot Lending Program

Borrow the internet from the library and take it with you, wherever you go! Hotspots provide internet access within Canada through Bell Canada's cellular network to Wi-Fi enabled smartphones, tablets, and PC's. You must be 16 years or older and have a valid library card to borrow either a one week loan or a **(new!)** three week loan hotspot. Please read all the terms and conditions at <https://www.rwlibrary.ca/en/collections/mobilehotspotlendingprogram.aspx>

Up-to-date program and event information is available at rwlibrary.ca/virtualprograms or contact the branch at 519-634-8933 or badenlib@regionofwaterloo.ca.

"Keeping the Community Connected"



New Dundee Artisan Festival

We all love making, creating, and "craft"-ing! Making things with our hands not only brings joy but has the potential to change the world.

Historically, industry and the manufacturing of goods happened in communities, by talented local people whose skill contributed to the survival of their communities, supported their families, and provided a sense of purpose and pride. Community members of all ages were engaged in this process – think cobblers, bakers, carpenters, potters, and musicians engaging with craft. Making is a great antidote to anxiety, lack of confidence and inertia. It motivates, inspires, and delights!

My hope is to bring together diverse crafts and talents through the May 2022 festival, "Dundee Artisan Festival", where we can share our skill, knowledge, and the "craft" that gives us life. Let's challenge mainstream objectives of production, efficiency, and profit, and – together – inspire engagement in craft, craftsmanship, and pride in the process.

SAVE THE DATE!

Date: May 7, 2022

When: 10 a.m. - 7 p.m.

Where:

New Dundee Community Park
667 Main St #621
New Dundee, ON N0B 2E0

Join us May 7th - there will be great music, talented crafts people, and food trucks. Our website is updated frequently to reflect who will be there. Craftspeople can apply until April 1st.

For more information visit: <https://dundeeartisanfestival.ca/about>

"It is no coincidence that as craft has become increasingly marginalized in the economy, overall levels of social cohesion have also deteriorated"

-Glenn Adamson



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NOTES FROM THE ATTIC – *The Stiefelmeyers and the Baden Hotel*

Last month we featured the contributions that local butcher Ed Rieck made to Baden and Wilmot. Another family that had a large involvement in the community was the Stiefelmeyer family.

Christopher Kraus was listed in the 1852 census as a joiner in Preston, and in the 1861 census as an Inn Keeper in Baden. Christopher purchased the land from Jacob Beck in 1858 and ran the original hotel until it was relocated to Beck Street in Baden. The current Baden Hotel (EJ's) was built in 1874 and is one of the longest operating hotels in Canada.

The centrally located hotel was close to the Baden train station and it was also on the stage coach route. Teamsters from Wellesley and area would bring their livestock to town and farmers would bring their logs to be shipped out from the station. Horses were fed and stabled at the building beside the hotel. Mail that was intended for the Wellesley area was dropped off at the Baden Station. Many visitors would stop in for a drink, a meal, or stay overnight.



The family of Christopher Kraus sold the business in 1906 to Henry Stiefelmeyer who was married to Kraus's daughter Bertha Kraus. Henry and Bertha ran the business until they sold it to their son John Stiefelmeyer and his wife Edna. They ran the business until 1946.

The building had three floors. The ground floor had the men's room, an escorts' room, and two traveller sample rooms in the 20's. The first sample room was located on the right as you entered from Mill Street, and a smaller one on the left as you entered from Snyder's Road. Large shelves were on the walls where patrons from the area would come and look at the salesman's wares.

The Oak Room or banquet hall was located on the second floor above the kitchen. It was built between 1935 and 1940 and had an outside entrance. Special nights were held where a person could buy a plate consisting of turkey, dressing, mashed potatoes, and coleslaw for 25 cents. Dances were held in the third floor and it was also a spot for the Baden Band to hold their practices.

The Masonic Lodge held their meetings on the upper floor of the building next door to the hotel for many years. The first floor had a space for parking cars as well as a small store or office, which housed a jewellery store, a doctor's office, and a shoe makers repair shop.

About 1925, Highway 8 (Snyder's Road) was paved as cars and trucks became more common. The Baden Hotel was the first in the area to become a bus depot for the Gray Coach Line's route of London to Toronto.

John and Edna had a son named John Henry Stiefelmeyer who lost his life in the war. He was a private in the Light Infantry of Canada and died on February 27, 1945 in Holland. Obviously, the community was devastated and to commemorate his service a street was named after him in Baden.

The Stiefelmeyers played a major role in shaping Baden. John Senior died in 1965 and Edna died in 1980. Both are buried in Fairmount Cemetery in Baden.

Thanks to Rene Eby for his contribution to this heritage feature.

Baden Hotel Owners From the Past

Christopher Kraus	Owner	1874-1904
Werner Braun	Leased (Kraus)	1905-1906
William Witte	Leased (Kraus)	1906
Henry Stiefelmeyer	Owner	1906-1920
John Stiefelmeyer	Owner	1920-1946
George Zimmerman	Owner	1947-1950
Jamie Craven/Wes Dunn	Owner	1950-1952
George Zimmerman	Owner	1953
Earl Baechler		
Walter Bibby		
Edward Bodnerchuk	Owner	1964-1967
Fred Gallagher	Owner	1967-1973
Delton/Frederick Kissner	Owner	1973-1975
Fred Gallagher	Owner	1976
Carmen Bannon	Owner	1977-1980
241400 Ontario Ltd.	Owner	1980-1982
Fred Gallagher	Owner	1982-1984
Christine Warner Real Lacroix	Owner	1984
Geo. Vragovich	Owner	1984-1989
Frankenmuth Inns	Owner	1989-1993
Prowasa Ltd.	Owner	1993-2000
Matt/Jacqueline Rolleman	Owner	2000-2016
Abhay Patel	Owner	2016-2022



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You Must Be Joking!!



As I Get Older I Realize...

- * I talk to myself, because sometimes I need expert advice.
- * Sometimes I roll my eyes out loud.
- * I don't need anger management. I need people to stop ticking me off.
- * My people skills are just fine. It's my tolerance of idiots that needs work.
- * The biggest lie I tell myself is, "I don't need to write that down I'll remember it".
- * When I was a child, I thought naptime was a punishment. Now it's like a mini-vacation.
- * Wouldn't it be great if we could put ourselves in the dryer for 10 minutes; come out wrinkle free and three sizes smaller?
- * "Getting lucky" means walking into a room and remembering why I'm there.
- * If my body were a car, I would trade it in for a new model. Every time I cough or sneeze, my radiator leaks and my exhaust backfires.
- * Old age comes at a bad time. When you finally know everything, you start to forget everything you know.

PAIRS OF LETTERS

Find multiple pairs of letters to fill in the blanks to create a common word. The pairs of letters will be different for each answer. Have fun!

Example- I _ K _ _ PER would be INNKEEPER

Answers on page 32

1. A _ _ _ I T I O N A _ _ _ Y
2. A _ _ _ R E _ _ _ I O N
3. S L O _ _ _ I N E _ _ _
4. S A _ _ _ I N E _ _ _
5. F _ _ _ L I S H N E _ _ _
6. B I _ _ _ E R N E _ _ _
7. M I _ _ _ E _ _ _ I U M
8. C O _ _ _ I _ _ _ I O N
9. F I S _ _ _ _ _ K
10. G A Z E _ _ _ _ _ R

Official Field Guide for Dogs



Squirrel



Sneaky Squirrel



Bouncy Squirrel



Danger Squirrel



Sky Squirrel



Spicy Squirrel



Grumpy Squirrel



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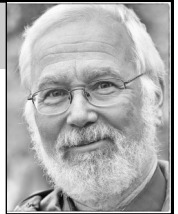


New Clients Welcome!



Baden Birding ~ When?

By Ken Quanz



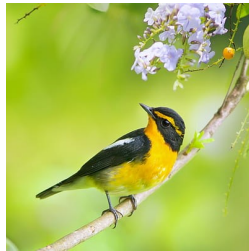
On February 2, 2022 it is said that Wiarnton Willie's well-educated stand-in saw his, or her, shadow. This meant that spring would likely be due in about six weeks, or mid-March. If he/she had not seen their shadow, we would have to wait six weeks or so for spring. Since that prognostication we have had some very cold weather, some storms, some warm days, some beautifully sunny days, and more shoveling than I care to remember; BUT spring is on its way!

before heading back to their northern nesting grounds in Canada's far north.



Their first long flight of the breeding season often brings them to southern Ontario where they rest and feed in farmers' fields and flooded areas. The weather on the east coast must have provided the proper tail wind to aid them in this first long, post-wintering flight. Are they early? I think they are right on time with past years. The cold weather we have been experiencing in the last few days is definitely not a deterrent to these long distance travelers. Hopefully you can spot some in our area!

We have seen the signs of spring in the lengthening days, some melting snow, more people walking in town, and numerous potholes on the streets, but is spring actually coming? We have seen that the resident Hawks and Owls have paired up and are sitting on nests. The local news reported the presence of Robins, but then admitted that they were probably some of the overwintering group that does not head off to warmer climates along with the other "snowbirds". Throughout the winter there have been reports of resident Robins and Bluebirds that remained in sheltered areas in the region. How do we tell these winter residents from the true migrants?



Recent studies in Canada and the United States have shown there are many factors that influence the timing of spring migration such as temperature, wind direction, and the track of storms. A great deal of field work has been done which shows that migration does not necessarily flow in one continuous surge, but at times stalls, then restarts, and sometimes reverses direction for a short period. However, the birds will return to their nesting territory.



There are signs! On the last weekend of February, I received an email from Wayne Buck, "Saw a flock of 50+/- TUSW out by KW airport this afternoon. I think it is early." TUSW (Tundra Swans) winter in the Chesapeake Bay area of the United States east coast (Maryland, Delaware, Washington, and Virginia)

Does this mean that we will soon see Robins and Red-Winged Blackbirds? When will the Orioles and Grosbeaks return? It is always fun, and encouraging, to track the return of the birds which use our area for nesting each summer. What do your records show for return dates for each species? If you have records, would you like to share them with the readers of the Outlook?

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Spring is almost here, and Chick Days are back! From March 1st to September 30th. Come on in and check out all our great deals!



Don't put your dog in the hot seat!

We love our pets so don't make them the bad guys! Please be responsible when out walking your dog and pick up after him!! It's been reported that there is poop on the sidewalks and kids are stepping in it and bringing it to school. Yuck! Do you want that on YOUR shoes or in YOUR house? Ah...no?! Please take your bag and scoop the poop, and dispose of it in an appropriate place and remember — it is the law!



Congratulations to Pat Mighton of New Dundee on her induction into the Ontario Agricultural Hall of Fame. What an honour!

THE
ONTARIO
AGRICULTURAL
HALL OF FAME
ASSOCIATION



Patricia L. Mighton has been a dynamic force in Ontario agriculture through her advocacy, leadership in agricultural education, and fundraising work. Her leadership role began as class secretary for OAC '64, a role she has maintained for nearly six decades. Pat was the University of Guelph's first female president of the OAC Alumni Association, chair of the OAC Alumni Foundation (OACAF), served on the U of G Senate, and a member of the International and Awards Committees. In 1984, Pat joined the Ontario Ministry of Agriculture as education specialist. She was responsible for coordinating the Agriculture in the Classroom program in its early days. Her efforts were invaluable in creating what is now known as AgScape Ontario. Her life work in agricultural education and organizational development continued as the Rural Organization Specialist for the Region of Waterloo. Pat was the executive director of the Advanced Agricultural Leadership Program (1987-97) where she led this unique, disciplined, leadership opportunity for people working in agriculture and rural Ontario. AALP is now in its 36th year with 480 alumni in many positions of leadership in the agriculture, food, and rural sectors.

Patricia Mighton was nominated by Rural Ontario Institute.



Spring is just
around the
corner!

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heavy and your
HEART 
be *light*
May **good luck**
pursue you
each **morning** and **night**.

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When it comes to situations in our lives, some are more positive than others. Those negative situations that we face should not define who we are and what we have to offer. “Bad things happen to good people” is a line that is said constantly in media, with family, and in everyday life. We as humans have no control over what happens to us or what situations we are placed in. The acknowledgement of having no control is the first step in understanding what we do have control over and how to react to a situation.

“Most of our stress and suffering comes not from events, but from our thoughts. **Reframe** from negative thoughts, and stress subsides.”

Martha Beck

The concept that helps showcase the ability to reframe a negative situation is called cognitive reframing. Cognitive reframing is the idea of changing a viewpoint in relation to how a certain situation is experienced. Revisiting a situation that was first defined as negative can help us to reconstruct our views by seeing the situation through a positive lens (Robson, 2014).

“I am not failing, I am growing! Do you have the ability to **reframe** failure as growth in order to achieve your goals?”

James C. Collins

How do we change our mindsets to see situations in a different light? The first thing we must do is stop falling into the cognitive triad of emphasizing a negative view of yourself, the world, and the future (Kos, 2017). Once we stop this we can start trying to follow these three goals in reframing mindsets towards situations.

Accurately describing the situation

Our minds love to fall into a negative viewpoint, thus falling into the triad, especially when something negative happens. Therefore, we must make sure that we are looking at the situation accurately and including the positives and the negatives.

Illuminating individual power

Our minds also like to portray ourselves as less powerful than we truly are. Therefore, with this new look on the situation we must understand our own capabilities to cope with the problem. Know your power.

Devising alternative views

We want to change the narrative of these negative situations. Frame the situation to see that difficult events can bring good. All good things take time.

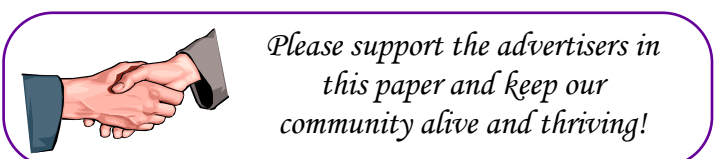
“The ability to **reframe** negative situations is a key element to being resilient.”

Iben Dissing Sandahl

We are all resilient and this resilience that is inside of us is important for reframing negative situations, ensuring that we hold new outlooks. Our minds are constantly trying to fall back into toxic thinking. We can resist these temptations to fall back into negative thinking by using resilience.

One helpful strategy to ensure that we resist these temptations is to make sure that we are asking the right questions. What was positive in the situation? Will this situation always be negative? By asking these questions you are stimulating your mind towards recognizing the new positive outlook you are trying to maintain. Another strategy is ensuring that we are neutralizing the negative emotions that constantly try to fill our minds. Being curious, looking to how others handled the situation, and using humour can be the best forms of coping through negative feelings (Kos, 2017).

We have the power to determine how we react to a negative situation. Do not let the situation hold that power over you.





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THINGS TO PONDER



- * Why do we ship by truck and send cargo by ship?
- * Why do feet smell and noses run?
- * Why do we recite at a play but play at a recital?
- * How does the building burn up as it burns down?
- * Why do you fill out a form by filling it in?
- * Why does your alarm go off by going on?
- * Why is it a "hamburger" when it is made out of beef?
- * If "con" is the opposite of "pro", then what is the opposite of progress?
- * Why do we put suits in a garment bag and put garments in a suitcase?
- * What happens if you get scared "half to death" twice?



You'll be hearing from me very soon. I'll have lots to do and I hope your windows are open! -- You'll hear me Chirp!!

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The Tri-County Mennonite Homes Share Resident Perspectives

The last few months have been tough at TCMH. We know it's been a long while since we introduced you to one of our residents at Christmas time, but since then, we've been dealing with Covid-19 outbreaks and focusing all our energy on keeping people safe and healthy. Thankfully, after two long months, the outbreaks are over. It feels like a time to celebrate.

At Aldaview Services, they are celebrating! Outbreaks affected several of our Group Homes for adults with developmental disabilities and many supported individuals were asked to isolate during the outbreaks. One of the supported individuals who was feeling celebratory after the outbreaks ended is Rob Edwards. You may have seen Rob around Baden. He's a friendly fellow that frequents Tim Hortons, but we'd like to take some time to properly introduce him to you.

Rob has been living with Aldaview Services almost 23 years, and has been living in Baden for the last year and half. One of his favourite things about living with Aldaview Services is that they helped him gain employment at Nithview Home in New Hamburg. Rob has been working in the Maintenance Department since 1999 and is a well-liked hard worker on the team. Because Rob lives in Baden, we

wanted to ask him what he knows about the town he lives in.

Rob knows what he likes. He likes to visit the Subway restaurant and the Tim Hortons near his house. Mochas and Boston Cream donuts are on his list of favourites, but it doesn't stop there. He tells us that there's a park near the fire station that he enjoys visiting. He likes it because there is a footbridge over the creek and a nice sunny bench where he can enjoy his coffee or his lunch. The park might be smaller than the others in Baden, but that doesn't dampen Rob's enjoyment.



When he is not sitting at the park, Rob likes to walk around Baden. During his walking around, Rob has seen Castle Kilbride and would like to go visit the inside sometime. He was told that before Covid, they used to have concerts on the lawn at Castle Kilbride. Rob would very much like to attend one of those concerts when they start again. With summer right around the corner, Rob is looking forward to picnics in the bigger parks like Sir Adam Beck Community Park and walks along the trails in town.

Rob might seem like an unassuming guy, but he's full of charm and humour. He tells us he loves his staff, and his one wish is to live in the long-term care at Nithview Home when that time comes. But for Rob, long-term care is still many years away. In the meantime, Rob can be found appreciating all that Baden has to offer, be it a sunny park bench or a stroll through town. When we asked Rob if he had a final thought to share with the readers, his answer was to extend everyone in Baden a friendly "hello!". So, if you see Rob at the Tim's or around town, make sure to say "Hi!" in return. He's a great person and we are very proud to have Rob as one of our supported individuals at TCMH's Aldaview Services.



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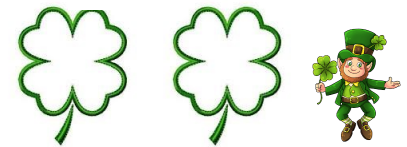
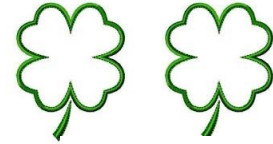
Kids' Corner

By: Karrienne Berberich
<https://www.beereadyresources.com/>

SPRING

is almost here!!

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 on the lucky clovers.



Can you match the pictures
 to their word?

Draw the missing spring flowers.



worm



grass



rain



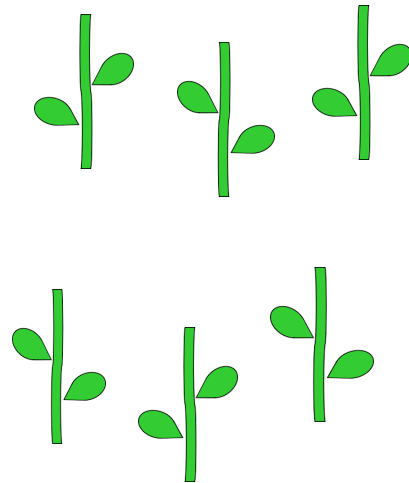
leaf



sun



bird



Why did the leprechaun go outside?
 ~ To sit on his paddy-o

What is a leprechauns favourite cereal?
 ~ Lucky Charms

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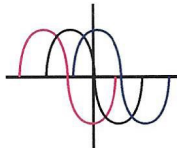
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COOL FACT



In 2021, Canada's merchandise exports to Ukraine totalled \$220.3 million, and merchandise imports from Ukraine totalled \$226 million. The top three exports to Ukraine were fish and seafood, optics, and motor vehicles. Canada's top imports from Ukraine were iron and steel, electrical machinery and equipment, animal and vegetable fats, and oils.

Sourced from : <https://www.international.gc.ca/>

OBITUARY OF PAUL ARTHUR STEINMAN

It is with deep sorrow and much love that we mourn the peaceful passing of Paul Arthur Steinman on February 6th at the McClure Miller Respite House in Colchester, Vermont.



Paul was 77 years of age and was born in Kitchener, Ontario to Alice and Arthur Steinman. He was raised and educated in Baden and moved to Burlington, Vermont in the mid-1970s. Paul was a valued member of the management group at Hayward Tyler, a company that sold products for the Power and Chemical Industries, until his retirement in 2007.

Left to cherish his memory are his beloved boyhood brother, Jim Snyder, and close friend Lorie Snyder, who supported and cared for Paul through his illness and passing. Paul leaves behind his cousins Mary Elizabeth Hofstetter, Clifford Koehler, Judith Markovich, Robert Koehler, Linda Martindale and Rodney Halls, all from Ontario, who will forever remember his warmth, his infectious sense of humour, and his killer instinct at crokinole. Predeceased by his parents Arthur and Alice (Koehler) Steinman, and cousins Maureen Halls and Carl Steinman.

Paul was an energetic volunteer and great community supporter of causes around South Burlington. He will be dearly missed and is remembered fondly by his friends in Vermont and Ontario. Interment will take place in the spring at Memory Gardens in Breslau, Ontario. A Celebration of Life will be held at a later date in Burlington, Vermont.

If today gets difficult remember...



- ◆ The smell of coffee.
- ◆ The way the sunlight bounces off a window.
- ◆ The sound of your favourite person's laugh.
- ◆ The feeling when a song you love comes on.
- ◆ The colour of the sky at dusk.
- ◆ That we are here to take care of each other.

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When many people think of yoga, they think of the act of stretching tight muscles. It does help increase flexibility, muscle strength, and range of motion but there are many other benefits to yoga.

Stress Relief

Yoga is derived from “Yuj”, a Sanskrit word for union. We think of this as the union of mind and body. As we move out of our busy monkey brain and focus on moving our body and breathing, we find a sense of calm that helps to reduce stress and anxiety. As we find relaxation the amount of cortisol in our body lowers and the effects of stress are reduced. One of the most studied areas of yoga is the reduction in inflammatory markers in people who practise yoga. Inflammatory markers detect inflammation in the body that cause illnesses such as infection, auto-immune conditions, and cancers. Yoga appears to lower levels of inflammation and significantly reduce levels of cortisol.

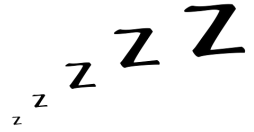


Breathing

Yoga helps us to learn to breathe deeper – moving out of the shallow breathing in our upper chest and into the lower lungs. It will help to increase lung function and set off the body’s relaxation response. This can be one of the most powerful benefits of yoga.

Sleep

Yoga can help improve sleeping patterns, which I believe is linked to stress relief. I think the tool of mindfulness (slowing the busy monkey brain down) we learn in yoga also helps. Enhanced and deeper sleeping patterns help the body’s natural healing properties.



Improved Circulation, Reduced Heart Rate

Yoga, as with any exercise, helps to improve the body’s circulation. In turn, with daily exercise, one can help lower blood pressure and pulse rate. Keep your body moving!

Community

As I have seen our classes come together through the last two years, I have also been thinking of the “union” of yoga as the union of people - the communal energy of people coming together. We come to yoga to maybe chat at the beginning and end of class. We come to yoga for the shared energy we create and experience. I see the coming together of people as one of the best things about the class, beyond anything I do in guiding the class. I can see everyone’s energy lift as soon as they get to their mat and smile at their neighbour. Everyone kind of lifts their neighbour up until everyone in the room feels a little lighter. Community.

Consider adding some yoga into your life to feel better and live better. We would love to see you on the mat!


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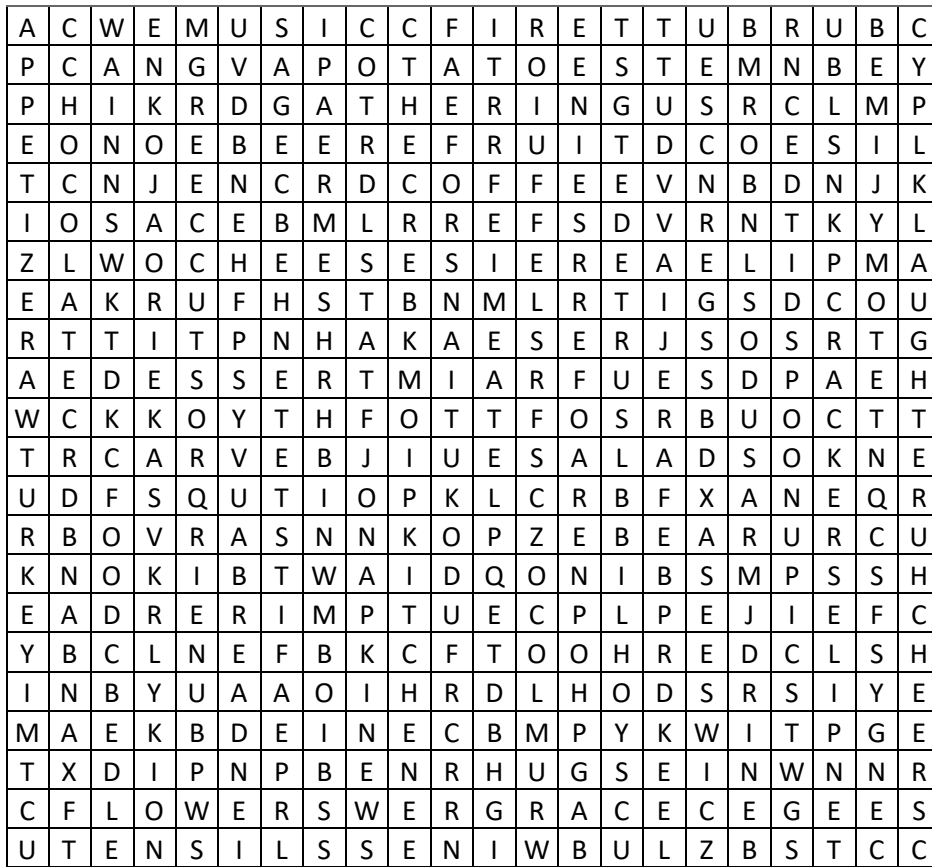
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Tax Season & the Volatility 2022 has Brought to the Markets

Written by Brad Wilson

We entered 2022 in the midst of another holiday lockdown. A new Covid variant posing cause for concern. A few months later, we are looking ahead to easing restrictions, and what is hopefully a final reopening of the economy. With that being said, 2021 was our first full year living with Covid, and it is now time to file your taxes.

At this time last year, the government introduced the work from home benefit, which is back again this year, and is effective for each working day of 2021. The simple method of calculating this benefit allows you to claim a \$2 tax break for each day you worked last year. You may have been eligible and received CERB or COVID related government support in 2021. The government has been issuing tax slips for these throughout the month of February. If you do end up owing taxes on these benefits, the government has expanded their payment arrangements program, which you may be eligible to use if needed. As a reminder, especially around this time of year is to be aware and alert of possible CRA scams and fraud. The federal government has a "Be Scam Smart" help page on their website if you are unsure if it is actually the CRA contacting you.

Turning our heads to the markets, ever since we flipped the calendar year we have been met with a constant cycle of uncertainty in the news. From inflation and skyrocketing housing prices to the Russian invasion of Ukraine. The markets have responded with lots of volatility, and in the short term this is likely to continue. As the year progresses, governments and central banks will be focusing on taming inflation; we anticipate seeing multiple interest rates hikes this year, with the first one possibly coming as soon as March 2nd. These rate hikes should have an impact on the housing market and should help in slowing inflation.



Brad Wilson is a Financial Advisor with KLT Wealth Management

The headline news has quickly switched to the Russian invasion of Ukraine. Just now as of February 24, 2022, we are seeing the first signs of Russia breaching Ukraine with an attempt to overtake. It is uncertain how long this will go on for, and to what extent, but many speculate that Putin will not stop until he has consolidated Ukraine. This situation is first and foremost causing extreme distress to those living in Ukraine and ripple effects are being felt throughout Europe, and across the globe. Many hope this is short lived, but with Russia at the helm, uncertainty looms.

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Community Corner ~ Check Out What's Going On!

W-O Prom 2022 Bottle Drive!

Help fundraise for prom!
There's lots of time to start saving up those bottles.

Drop off will happen on Saturday, March 26
At 89 Hamilton Road, New Hamburg in the Iron Bridge
Fabrication front parking lot between
12 p.m. and 4 p.m.

We hope many community members will help participate/
donate towards Waterloo-Oxford's Prom!



Blood Donor Clinic

Monday, April 11, 2 pm - 8 pm
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Calendar Fundraiser February Winners

February 3, 2022

Winner: Debbie Oleksik (Kitchener)
Prize: \$50 Gift Certificate to Imperial Market

February 10, 2022

Winner: Steve and Michelle Wagler (New Hamburg)
Prize: \$50 Gift Certificate to New Hamburg Lanes

February 17, 2022

Winner: Paul Kennedy (Waterloo)
Prize: \$50 Gift Certificate to Focus Computers

February 24, 2022

Winner: Cameron Miller (New Hamburg)
Prize: \$50 Gift Certificate to Cakr Maker

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Suggested income levels:

Family Size	Total Family Income
1 person	\$35,000
2 persons	\$45,000
3 persons	\$47,500
4 persons	\$50,000
5 persons	\$52,500
More than 5 persons	\$52,500 plus \$2,500 for each additional person

We are not able to prepare complex returns for:

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- * Deceased individuals

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Any questions about eligibility or how it works please call 519-662-2731 or email info@wilmotfamilyresourcecentre.ca.



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Waterloo Regional Police Issue Warning Regarding Ongoing Scams During Fraud Prevention Month

The Waterloo Regional Police Service is honored to take part in Fraud Prevention Month and is launching a campaign to educate the public on current scams affecting the community.

Throughout the month we will describe how individuals are falling victim and will provide safety tips to prevent becoming a victim of fraud. Some of the scams that will be highlighted on WRPS social media platforms include:

- Bitcoin scam
- Online Buy and Sell scam
- Gift Card scam
- Employment scam
- Scams that target the elderly population



Fraud Prevention Month is an annual awareness campaign that provides Canadians the opportunity to stay informed on the dangers of fraud and to educate themselves on steps to take to help prevent them from falling victim. It is important that Canadians consider sharing this information with friends, neighbors and family members who may not have access to this information.

"Keeping the Community Connected"

Remember back when we used to eat cake after someone blew all over it?

Man, we were wild.



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Sat. March 26th, 2-5 p.m. \$5 at the door
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We are open Wed., Fri., and Sat. 1-5 p.m.

General meetings - 1st Thurs of the month 7 p.m.

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- safety planning
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- counselling
- advocacy
- prevention
- support groups



Wilmot Family Resource Centre

Find safety, support and hope by emailing fvpp@wilmotfamilyresourcecentre.ca.



Popcorn is prepared in the same pot, in the same heat, in the same oil, and yet... the kernels do not pop at the same time. Don't compare your child to others.

Their turn to pop is coming!



The Coldest Night of the Year is a winteriffic family-friendly walk to raise money for local charities serving people experiencing hurt, hunger and homelessness. Locally, the event was virtually hosted in Wilmot, where 89 participants from 15 teams walked alone or in small groups on February 26, 2022 to raise donations for the Wilmot Family Resource Centre. Our fundraising goal for CNOY22 was \$25,000 and with **incredible community support**, we had reached **133% of the goal** (\$33,330) at the time of publication with additional donations still coming in. We are grateful for the generous support, knowing the funds raised will help many in our community find safety, health, & hope. *It's cold out there... but there's no place like home.*



Wilmot Family Resource Centre

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WILMOT IS HERE TO CHEER YOU ON!



Congratulations to Mike Bergman of Baden, who after only taking up the sport of running during the Covid-19 pandemic, will be competing in the 2022 Boston Marathon this April. Keep running and keep inspiring those around you! We can't wait to cheer you on!

38th Wilmot Scout Groups are ready to get outside!

But we need your help, we need volunteers. We are looking for leaders for all three sections, Beavers (ages 5-7) Cubs (8-10) and Scouts (11-14). All groups run Thursday nights in Haysville. Being a volunteer can include weekly meetings and 4 to 5 weekends a year for camps.

Please help us keep this amazing program open. We want to continue getting youth back to nature and exploring the world around us.

For more information or if you want to volunteer please contact Gerald Knight knightowlsrock@gmail.com



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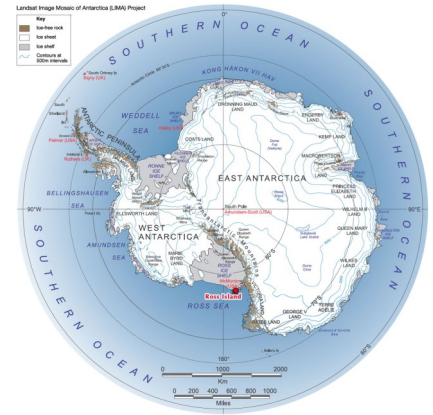
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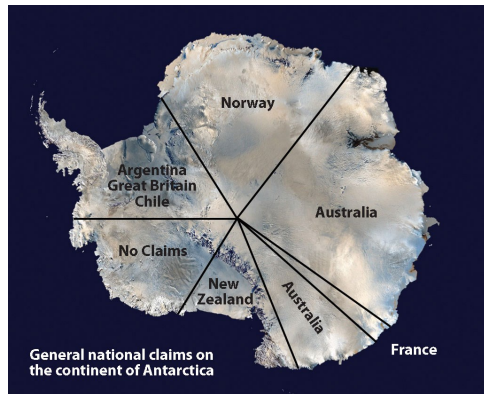
Antarctica

Historical articles are very popular in our paper - we are also very interested in geography. The options in Wilmot Township are quite limited, but the world holds a virtual wealth of interesting places and facts. Our first installment we will focus on the fifth largest continent, that has a population of 5,000 residing at research stations during the summer months, which drops to 1000 residents through the winter months. Antarctica is almost twice the size of Australia and is entirely south of the Antarctic Circle. We created a small quiz to test your knowledge of Antarctica. Answers are on page 32!



Amazing facts - Antarctica has a trench that is six miles wide, 62 miles long and 1.5 times deeper than the Grand Canyon. The continent is 5,100,000 square miles (13,209,000 km.) and has two active volcanos.

Five-storey Blood Falls oozes red water from an ancient lake trapped under Taylor Glacier.



1. How deep is the ice sheet in Antarctica?
A. 0.5 miles, B. 1.1 miles, C. 1.9 miles, or D. 2.7 miles thick.
2. Who owns Antarctica?
A. China, B. United States, C. Australia, or D. None of the above.
3. Antarctica boasts the coldest land temperature ever recorded. Is it...? A. -59, B. -89, C. -94, or D. -108?
4. What time zone is Antarctica in?
A. Eastern, B. Pacific, C. Mountain, or D. None of the above?
5. Antarctica is the driest, coldest, and highest continent on Earth. How tall is the highest mountain?
A. 4892 m., B. 5589 m., C. 6003 m., or D. 6789 m.
6. How many types of Penguins will you find in Antarctica?
A. 4, B. 6, C. 8, or D. 12?

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How to Solve the Plastic Problem

- Over 3 million tonnes of plastic waste is produced in Canada every year.
- 8,000 tonnes go into Canadian landfills, incinerators, and the environment every day.
- The only way to solve the problem is to have laws and regulations to require reduction of plastics at source, reuse of packaging and containers, and safe recyclability of plastics.
- It won't happen if we only rely on individuals and corporations to voluntarily take action.
- A ban on single-use plastic products would be an important first step.
- In addition to reduction, the Canadian government needs to prioritize reuse.
- Many organizations and groups have asked for government support to make it easier for Canadians to get the products they need in packaging that is reusable.
- If your organization or business wants to join this effort, sign the Environmental Defence petition at: <https://bit.ly/EDreuse>

NITH VALLEY ECOBOOSTERS

The Nith Valley Ecoboosters are pleased to announce our next educational event entitled Let's Talk – Your Home's Energy Use which will take place in late April. Buildings, including homes, account for 18% of Canada's greenhouse gas emissions. Learn how to make your existing home more energy-efficient so it can be more comfortable and more affordable to run, while also supporting the environmental objectives of reducing carbon emissions. A question & answer period will be part of this webinar. For more info about the date and speakers and to register, please go to:

nvecoboosters.com

Our next general monthly meeting will be held at 7:00PM on Wednesday, March 23rd. Please contact us via e-mail (nvecoboosters@gmail.com) or call 519-662-9372 if you would like to participate in this "Zoom" meeting.

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



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www.petersburgchurch.org

Shantz Mennonite Church
Sunday Worship 9:30 a.m.
www.shantzmc.ca

St. James Lutheran Church
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www.stjamesinbaden.org

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Greetings from New Hamburg Thrift Centre

By Jennifer Woolner

It's almost here: the horizon, the end of winter. Can you feel the cold starting to go and the snow starting to melt? Sure,

we're probably due for another snowstorm or two, and it'll still be a little bit before winter is officially over, but it's probably safe to say that we can start dreaming of spring, no?

Well, with spring comes spring cleaning! That time of year where you go through all the items in your house and decide what's keeping you from the feeling of cleanliness that spring usually brings along. As you are going through those items and starting to move furniture around to open up space or find a better fit, I urge you to consider donating to The New Hamburg Thrift Center.

Did you know New Hamburg Thrift will happily pick up your gently used furniture? That's right, our wonderful volunteers come right to your house to pick up your quality furniture, in good condition to price for the sales floor. It must be in good condition and yes, we do reserve the right to refuse your item if the piece was not properly represented.

This is a very popular service and needs to be scheduled / arranged at least 2 weeks ahead of time. We offer pick-ups on Tuesday and Thursday mornings.

All furniture must be outside of the home at the time of pick-up: porch, driveway, open garage, hallway, or

lobby. During inclement weather, please ensure furniture is protected. **We will NOT, under any circumstances, enter your home/apartment or condo.**

We do have restrictions based on our current customer base:

- Nothing with excessive pet hair
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Please call the shop at (519) 662-2867, email the shop at nhthrift@mcco.ca, or speak with one of our staff members on your next visit if you are interested in arranging a furniture pick-up.

We will also take furniture donations that you are able to drop off here at New Hamburg Thrift yourself. As you might expect, the receiving dock at the New Hamburg Thrift Centre becomes a revolving space with a stream of drop offs. We appreciate all our donors for thinking of us as they determine the future of their good condition saleable items. However, we do ask that you bring your items when the store is open—please do not leave donations outside after hours. This creates a fire safety hazard and if the weather is bad, wet and damaged items left outside will need to be thrown away.

Whatever we can take and resell to use for funding for the Mennonite Central Committee, we will ensure gets the best pricing around. At New Hamburg Thrift, we throw out as little as possible, so you can know that we'll be using the items that were clogging up your home in the best ways imaginable.

Once you've gotten rid of the furniture that you no longer want, come shop at the front of the store, where you can find all sorts of items that other people have decided to pass on. You never know the luck that you'll have when you stop by because our selection is always changing!

Time to say good-bye...

Our Truck is on the road and we will pick up your unwanted furniture that's still in good condition!



Shop & Receiving Hours

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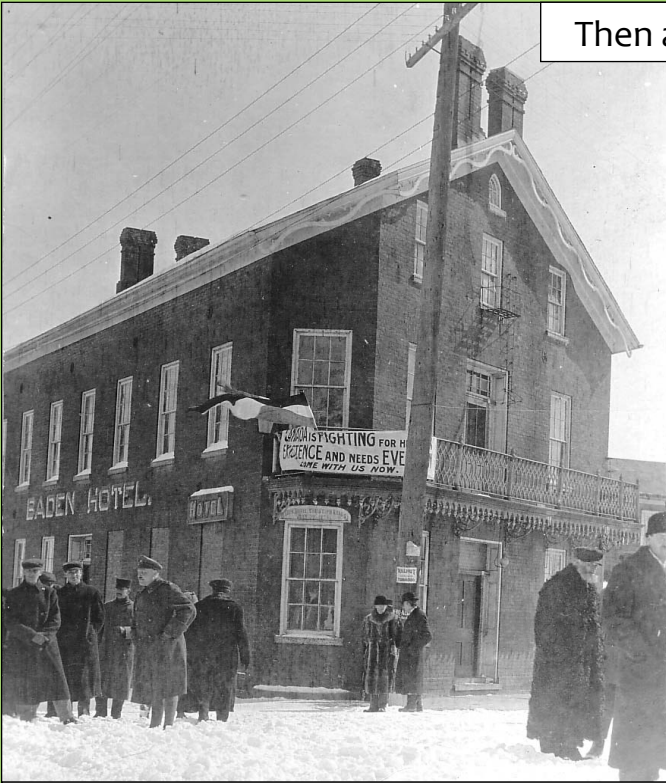
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Then and Now



Pictured on the left, the Baden Hotel in the early 1900s. If you look closely you can see a sign that shows the time period being mid-war. Pictured on the right, EJ's at Baden Hotel in present day, March 2022. Some small but significant changes between the two photographs. Can you spot the differences?



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Getting Your Home Ready for the Spring Market

If you're looking to sell, spring is traditionally a great time to list your home. Here are a few simple - yet effective - tips to get the most out of your listing!

1. Decluttering your home

Making your home feel light and spacious for any potential buyer is one of the most simple and effective things you can do before listing. Removing unnecessary clutter and storing personal touches (like family photos) from a buyer's line of sight will make the home feel neutral and welcoming.

2. Make time for spring cleaning!

Or pay someone else to do it - your choice! Cleaning things like windows, floors and carpets will brighten the space and eliminating odours will immediately freshen up your place. One added benefit - you'll reap the rewards of your clean home while you're living there!

3. Consider minor repairs and renovations

Making costly home renovations is not always an option when considering listing your home, but a fresh coat of paint to the walls, touch up on trim, and fixing any cosmetic damage to parts of your house will be more appreciated by prospective buyers than you may believe!

Real estate decisions are often difficult and stressful. We aim to make the largest transaction of your life as easy as possible. For more information, visit us at www.lambertgroup.ca.

“

Kerilynn and her team at the Lambert Group helped us buy their first home and they were amazing to work with! They walked us through every step of the process, they were very knowledgeable and provided a lot of thoughtful advice. I honestly can't say enough nice things about them! Thanks to them, we were able to buy our first house!

-Julia M.

Last month we discussed the value of listening and how it feels to be the listener. This month we'll explore listening from the point of view of the one who is being listened to, the speaker.

Being listened to is a beautiful gift. For some of us, it's so much a part of our lives we almost take it for granted. It can feel fulfilling and normal, like lovely weather that is so comfortable we don't really notice. Perhaps when we need to talk and someone will listen, it's like having stiff muscles, having an excellent massage, and afterwards feeling so good we wonder why we went. We value the opportunity to be heard and are deeply grateful for the people we trust that we feel okay to tell whatever comes up that we need to express or process.

But what if it feels like having someone to listen is missing in our lives?

Before the pandemic required isolation, loneliness was already at very high levels, and it has obviously increased. While loneliness is complex, a significant part encompasses feeling loss of connection to other humans. We are social beings.

Especially now with the pandemic, our opportunities for contact with others is diminished. We miss the camaraderie of just bumping into people and having a conversation. It's understandable to feel we might be a burden for repeating our thoughts once again to the same person, or afraid to even start.

It is normal to have a deep longing to be heard. We need to feel acknowledged, validated, and our suffering and anxiety understood. We can complain that others don't listen well enough and try to work harder at explaining to get that understanding. We can wish they would change but they may not have what it takes to be able to fill the need.

The people in our lives may be doing the best they can to listen, and we are missing it. We can ask ourselves questions to increase the essence of feeling heard.

"What do I need to feel heard? When someone is listening to me, can I allow myself to believe I am cared for? When I have been talking with someone, how do I know that I have actually connected with them, or is there something I do to block it?"

Receiving the gift of being listened to takes work to notice that the gift was offered and to open ourselves to accept it. To be heard adds so much meaning and gratification to life.

Can I take a moment to pause and allow in the experience, similar to pausing and noticing a beautiful sunset?



It may be unrealistic to expect the people in our lives to provide the level of deep listening we need and that's okay. There are "listening groups" that get together to learn listening skills and take turns being the one who is heard. This kind of intentional listening can be profoundly satisfying.

Other cultures have traditions in place from which we could learn. For example, in Zimbabwe they have a "grandmother's bench" or "friendship bench" that everyone knows is the place to go and hang out with a caring person. Indigenous traditions have "listening circles" where only the person holding the "talking stick" can speak. This has inspired many forms of "circles". The community could create "adopted grandparent relationships" similar to "big brothers and big sisters". All with the intention to bring back belonging and being heard.

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Does your travel insurance policy include “Quarantine” Coverage for COVID-19, and do you need it?

*If you **test positive for COVID-19** while travelling you may have to **delay your return to Canada**, resulting in unexpected costs for accommodations, meals, and more. **“Quarantine” coverage can help cover some of these expenses.** Here's what you need to know...*

Imagine the following scenario:

You're travelling outside of Canada and getting ready to return home. You take your mandatory pre-entry COVID-19 test within 24 hours of your expected return to Canada, and your test comes back positive for COVID-19!*

** Beginning on February 28, 2022, a rapid antigen test can be taken **the day prior to** arriving at the land border. The test must be **authorized by the country in which it was purchased and administered by a laboratory, healthcare entity or telehealth service.** Taking a **rapid antigen test at home is not sufficient** to meet the pre-entry requirement.*

Suddenly, you're forced to remain at your travel destination for an extended period until you can comply with the Canadian government's COVID-19 pre-entry testing rules, resulting in extra out-of-pocket travel expenses that you hadn't budgeted for.

While scenarios like the one described above used to be rare, they have become much more common since the onset of the COVID-19 Omicron variant, which has proven to be significantly more transmissible than previous COVID-19 strains.

As of January 15th, 2022, the Government of Canada requires that travelers who test positive for COVID-19 while outside of Canada **wait 10 days** to re-enter Canada **after** a positive COVID-19 test result, **even if their symptoms are mild or they are asymptomatic.**

If you don't meet this requirement and are **flying** home to Canada, you will be denied boarding for your flight. If you are **driving** home to Canada, you will be allowed to enter Canada but you may be subject to a fine of \$5,000 per traveler (plus surcharges).

Having to extend your stay can result in **significant unexpected costs like accommodations, food, taxis, and flight change fees.** To help defer some of these unexpected travel costs, some travel medical insurance

policies provide **subsistence benefits** - sometimes referred to as **“quarantine coverage” benefits** – that reimburse you for certain costs in the event that you contract COVID-19 while travelling and you or your travel companion(s) are prevented from returning home as originally planned due to COVID - related travel restrictions.

“Quarantine” coverage benefits reimburse you for certain out-of-pocket expenses in the event that **you contract COVID-19** while travelling and need to delay your return to Canada because you are required to quarantine or self-isolate at your destination, or if you are denied boarding for your flight due to a positive COVID-19 pre-boarding screening test.

The types of expenses covered by **quarantine benefits vary from provider to provider**, but typical expenses that might be covered include:

- Accommodations
- Meals
- Local Ground Transportation (i.e. taxis, ride-sharing services, etc)
- Essential Phone Calls
- Flight Change/Booking Costs



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In many cases, **you'll need to obtain approval from your insurance company before incurring any expenses** if you want to be reimbursed and you'll need to **keep your receipts** as proof of these expenses to submit to your insurance provider when making your claim.

It's also important to be aware that these benefits will also have **per-day limits** as well as an **overall limit**. For example, \$350 per day to a maximum overall amount of \$1,500 for eligible expenses. If your policy includes coverage for flight changes/booking costs, it will likely have a maximum overall amount, i.e. \$300. Keep in mind that these amounts are just examples and **actual coverage limits will vary among providers**.

The **terms and conditions of quarantine/subsistence benefits will also vary from provider to provider**, so it's important to make sure you understand the terms of your travel insurance policy as they relate to this benefit.

So, let's go back to the original question, **Does your travel insurance policy include "Quarantine" Coverage for COVID-19 and do you need it?** The answer to the first part of the question is ask your broker, and as for the second part, you tell me!



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- ATD: At the Doctor's
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- BTW: Bring the Wheelchair
- BYOT: Bring Your Own Teeth
- FWIW: Forgot Where I Was
- GGPBL: Gotta Go Pacemaker Battery Low
- GHA: Got Heartburn Again
- IMHO: Is My Hearing-Aid On
- LMDO: Laughing My Dentures Out
- OMMR: On My Massage Recliner
- OMSG: Oh My! Sorry, Gas
- TTYL: Talk To You Louder



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BADEN OUTLOOK PUZZLE ANSWERS

Antarctica Answers

1. D. - At its deepest Antarctica's ice is 2.7 miles (4.5 km.) thick and holds 60% to 90% of the world's fresh water.
2. D. - No one owns Antarctica; however, seven countries including Argentina, Australia, Chile, France, New Zealand, Norway, and United Kingdom have made territorial claims.
3. B. -89 (-128.6 F). on July 21, 1983. Antarctica was at one time, 40 to 50 million years ago, as warm as Melbourne Australia is. Antarctica is considered a desert and is the largest cold desert in the world and also the driest place on Earth.
4. D. None of the above. Antarctica doesn't have a time zone and no matter which way you look you are looking north.
5. A. Mount Vinson is 4892 metres above sea level just slightly higher than Mont Blanc in the Alps.
6. C. 8. They are, in order of size, Emperor, King, Gentoo, Magellanic, Chin Strap, Adelie, Macaroni, and Rockhopper. Only two, the Emperor and the Adelie, live exclusively in Antarctica.

All Things Scrambled

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Did You Know?

Your brain will constantly rewire itself to suit the information that you feed into it. If you constantly complain, gossip, find excuses, etc; it will make it much easier to find things to be upset about, regardless of what is happening around you. Likewise, if you constantly search for opportunities, abundance, love, and things to be grateful for, it will make it much easier to find reflection of those things around you. It takes practice, but over time, this is a very powerful way to reshape your reality.



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The month of March includes the official start of Spring. This brings us thoughts of seeds, plants, and gardens dancing in our heads, but winter will still send blasts of cold as it reluctantly releases its grip.

Plant and they will come! Hummingbirds, American goldfinches, robins, bumblebees, wasps, hover flies, monarchs, and more arrived as I added more native and pollinator-friendly plants, shrubs and trees to my yard. I love the sounds and sights in the yard in the summer. Insects buzz, birds chatter, and butterflies flit. I note how many types of wildlife come to visit or stay. A kaleidoscope of yellows, oranges, purples, reds, and pink paint the garden. Willows provide some of the earliest food, and each season there is a smorgasbord for bugs and birds.

Pollinator gardening is a popular webinar theme, for a good reason. So much natural habitat has been lost to roads, agriculture, housing, and industry. Let's look at most home gardens. The picture of the home is very typical. There is a lot of lawn, a few non-native shrubs such as boxwood, and perhaps a tree. Almost an ecological wasteland. Yes there is shelter for birds and some animals, but very little food or support for functioning ecosystems. The remaining isolated natural areas are not large enough to support wildlife or to provide corridors.

Research by the entomologist Doug Tallamy has shown that native oak trees support over 500 species of caterpillars whereas the Asian ginkgoes, a commonly-planted landscape tree, host only 5 species of caterpillars. When it takes over 6,000 caterpillars to raise one brood of chickadees, it makes a difference! Lawns contribute little to the environment and require a lot of resources for maintenance.



The eye candy at local nurseries is mostly non-native species including invasive species such as goutweed, periwinkle, and Norway maple (there are however, some cultivars that are much less invasive, and used only in locations our native trees cannot thrive).

Start small by selecting native plants when making your landscaping decisions and you will still have a beautiful yard. WHS' **Bringing Back Nature** event, invites home owners with large properties to form a group that will learn to create prairie, wetland, and/or forest habitats. Some farm owners have been planting trees and have learned to go with native trees and what is endemic to our area such as sugar maples, white oak, hickory, and beechnut.

Visit Wilmot Horticultural Society's website and view the events and resource pages to learn more. Pollination Guelph's website is loaded with information including a list of native plant nurseries. The listed pollinator gardens in Guelph creates a road trip opportunity. Visit New Hamburg's

Kirkpatrick Park garden and the Healing Garden behind the library to see pollinator gardens with the inclusion of native plants.



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