



How Great Are We?

ost Canadians would agree that there is no better place in the world to live than Canada! We are the envy of many countries for our natural resources, education system, medical availability, safety, freedoms, and multiculturalism. I stumbled upon a website, which listed the top 30 countries in the world to live—I had to check this out.

There are many websites that have made their lists based on the "Human Development Index" which encompasses life expectancy,

education, income, health care, etc. The list is I found is much more comprehensive, with ten different categories including safety, life expectancy, per capita income, education, corruption, environmental performance, natural disasters, average annual temperature, percentage of employed people between the age of 15 and 64, and lastly, the human development index. Each category was rated and made an impact on their grand total—I have just worked with the top 25.

Their first five (25 to 21) include France, Netherlands, Malta, Portugal, and Israel. To me there were no surprises in this group, although Israel can be volatile. The next five (20 to 16) consisted of United States, New Zealand, Austria, Spain, and the United Kingdom. The United States took some pretty big hits for safety and natural disasters (tornados, hurricanes, and flooding). I thought that New Zealand and Austria should be higher on the list, but apparently not. As the countdown continued, I thought Canada would be a long way off.

The next group (15 to 11) was a shock to me! Germany, Canada, Luxembourg, Taiwan, and Finland were the next five on the list. There wasn't one single major item of the ten categories that dropped Canada's score, but we did take a hit on categories such as average temperature, natural disasters, and others.

Sweden, Iceland, Norway, United Arab Emirates, and Hong Kong round out the next five (10 to 6). I have heard how progressive the northern European countries are

in their thinking. Norway, as an example, offers no tax if you purchase an electric vehicle and has free charging stations at government buildings. Iceland has a 99.9% literacy percentage, has a crime rate of zero, has no army, and boasts the cleanest air in the world.

The next five consist of Switzerland, Australia, Denmark, Qatar, and Singapore as the number one

country to live in the world. Although there isn't a huge difference in scores, with France ranked 25 on the list with a score of 64.3 and Singapore ranked number one with a score of 81.49, it still points to areas where countries have to improve.

I looked at another website which uses only the Human Development Index, and their top five (5 to 1) consist of USA, Holland, Switzerland, Australia, and Norway—Canada was number eight on that list. At any rate, we have a lot to be proud of but certainly a long way to go. Lifestyle9 determined that happiness was the key deciding factor, which gave a country the best score.

Until next year, Merry Christmas...Ed



Using the letters in the word CHRISTMAS See how many words can you make (only using each letter once per word)

We found 67 possible words. Can you find more???





You'll find us around the 15th of each month, while quantities last. Available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Baden Dental, Wilmot Rec. Complex, Tim Hortons,



Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

Also in St. Agatha at Fishers Esso, Angies Kitchen, Stop 2 Shop. In Petersburg at Blue Moon, Old Fashioned Variety and Foxboro.



There are over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, NH Legion, McDonalds, Kasemann's, Morningside, Stonecroft, Office Pro, NH Thrift Centre, Absolute Fitness,

NH Dry Cleaners, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

And as always, it's priceless \sim Please Have One!





joy love

peace believe

HO HO HO! Tis the season to be jolly... If it wasn't for the December paper forcing my har to get in the mood, I would say I am just not ready. Although I enjoy gift giving. I have set started shopping. wasn't for the December paper forcing my hand ready. Although I enjoy gift giving, I have not started shopping. I also enjoy the assorted cookies digging out the Christmas decorations to give the paper the festive look that makes this particular issue special (I'm sure you all



know by now that I love clipart and there are so many Christmas ones to choose; I only have one month to use them). So this is where my Christmas spirit begins...It is not only the final issue of the year, it is sharing the spirit of Christmas throughout our community!

Our daughter Katie has always been our Christmas fairy ever since she was small, and lucky for me that hasn't changed. She and Simon came for their weekly visit, and with hands on hips

she protested that there is no Christmas spirit in our house. As I moan with the pending task looming, I make it very clear that I would rather spend my time snuggling my wee one. "Perfect," she says, "You be grandma and I will be the fairy." In a flash, she has boxes opened and



spread everywhere (of course, she is now going down her own personal memory lane of 33 years worth of collectibles in those boxes) and before too long, Christmas music is playing, the tree is up, lights are twinkling (why did those lights all work for her?!) and so it begins. And yes, I did sit back in the chair rocking my wee one to sleep while enjoying the music and the sparkle in the eyes of my Christmas fairy. As I reflect on that magical afternoon, I realize that new memories of Christmas were made and christmas that many more are on the way. Memories are valuable and meant to be held on to, but sharing them brings them back to life—so this holiday season, share your memories with each other, to laugh and enjoy them all over again! Wishing you all much love and joy—Merry Christmas!!

It was a balmy day for the Santa Claus Parade but it sure didn't hamper the spirit of the day. Smiling faces at the curb, Christmas music playing, marching children, hockey players, angels and flying candy canes led the way for the jolly old soul! Ho! Ho! Ho!

We are sorry to inform you that we will no longer be publishing the annual Baden Outlook calendars. Whew, this season is a busy one !







Baden ~ Our Town

It was great fun as the group gathered the night before the Santa Claus Parade to pop and bag their signature kettle corn. The Baden Community Association handed out 555 bags to the crowd at the curbside. This is the fourth year that the BCA has handed out the signature kettle corn, to the delight of parade spectators.



The BCA will be hosting their Family Day event at the Wilmot Recreation Centre. Last year hundreds of people enjoyed free snacks and drinks courtesy of the Baden Community Association. There will be a free swim sponsored

by the BCA and the Township of Wilmot, and a free skate courtesy of the township. Watch the Baden Outlook for further details.

The BCA meets the last Wednesday of each month (excluding December) at 7 p.m. in the basement of the township offices. Everyone is welcome to join in the fun and be a part of our community.





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

"Keeping the Community Connected"

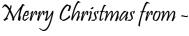




WORD MATCH PUZZLE — Match the words with the categories below. Each word must be used only once. But watch out, some words may fall under two categories! Good luck.

TREE	BEAVER	NET	GLOBE
FLUTE	LEG	LOON	DROP
BALL	ROBIN	MUSIC	RACKET
COAT	COOKIES	BOW	HEAD
DRUM	PUCK	DUCK	GUITAR
WHEEL	MOOSE	HAWK	FINGER

 Rain "" Part of Body 	 	 this paper and keep our community alive and thriving!
3. Musical Instrument	 	
4. Circular Object	 	
5. Sports Item	 	
6. Type of Bird	 	 ∇
7. Canadian Animal	 	
8. Christmas " "		\bigcirc





Hours: Monday-Friday 8-5:30, Saturday 8-noon



76 Mill Street, Baden

Think of Baden Feed for a unique gift for the birder or pet owner in your life.



Please support

the advertisers in

Merry Christmas from my family to yours! Michael HARRIS MichaelHarrisMPP.ca 519.954.8679

Baden Outlook

The Baden Library presented its 5th annual "Read with the New Hamburg Firebirds" on Wed., Nov. 25th. Thirty five children enjoyed reading and playing games with the players. Both children and adults enjoy



getting to know the players better, off the ice. This community partnership is a win-win opportunity for everyone involved and is looked forward to every year.

This year the Baden Sparks and Brownies joined us and had a great time!!



Shirley's Sewing Alterations and More 133 Snyder's Rd W,Unit 2 Baden, Ont. N3A 2M3 519-214-1115

Please Take My Card!

J.R. Auto Service

SERVICE & REPAIR TO ALL MAKES & MODELS HIGH PERFORMANCE MODIFICATIONS

JIM ROTH

1439 Gingerich Rd., Unit B-1, Baden, ON N3A 3J7 PH (519) 634-5986 FAX (519) 634-8667





Decks & Fences Concrete Driveways, Sidewalks & Patios General Contracting

Tyler Hoffman Tel: 519-465-5211 Email: thoffman@silverspringscontracting.ca www.silverspringscontracting.ca



Checking Out the Baden Library

It's holiday time! The library has many holiday books, movies, and music for you to enjoy when it is chilly outside.

Holiday Hours

Dec. 24: 10 a.m. - 1 p.m. Dec. 25 to 28: Closed Dec. 29: 10 a.m. – 1 p.m., 2 - 8 p.m. Dec. 30: 2 - 8 p.m. Dec. 31: 10 a.m. – 1 p.m. Jan. 1: Closed Jan. 2: 10 a.m. - 1 p.m.



<u>Holiday Family Storytime</u> - Thursday, Dec. 22 at 10:30 a.m. OR 6:30 p.m.



Join us for seasonal stories, crafts, and holiday fun! Recommended for children 3 to 7 years with caregivers. Choose a morning or evening

session. Register online, by phone, or in person.

<u>Movie Day: Inside Out (PG)</u> - Wednesday, Dec. 23 at 2:30 -4:05 p.m.

Free event! Popcorn included! Children under 5 years old must be accompanied by an adult. Children 9 and under must have a caregiver (12 years or older) remain in the library during the movie. Space is limited—please register online, by phone, or in person.



Baden Outlook

<u>PS3 Game Days</u> - Tuesday, Dec. 23 & Wednesday, Dec. 30



Drop in anytime during library hours and play!

Annual Magazine Sale

Purchase previously enjoyed magazines for 25 cents each or 5 for \$1. Sale begins mid-December while quantities last.

COMING SOON....New Year's Programs

Family Math - Wednesdays, Feb. 3, 10, 17 & 24 from 6 to 7:15 p.m.

This program reinforces math concepts while fostering an enjoyment of math.

Recommended for children in JK, SK, and Grade 1, with their caregivers.

Winter Storytime Programs

Registration for Winter Storytime programs is now open. All programs are free and begin the week of Jan. 12, 2016. Children are welcome to register for programs at any library branch. Programs include Storytime for 3-5 year olds, Toddler Tales, Wonderful Ones, and Baby & Me.

Due to space, registration is limited. Please register online, in person, or by phone.

1:1 Computer Coaching

Did you get a new computer, tablet or e-reader during holidays and need some help getting started? Did you make a New Year's resolution to learn something new on your computer? Then book a free one-hour session with our friendly computer coach for one-on-one help!

Choose from the following Tuesday sessions, which are held hourly between 10 a.m. and 3 p.m.:

Jan. 19, Feb. 2, Feb. 23, March 8, March 22. Register online, in person, or by phone.

Contact us at 519-634-8933 or badenlib@regionofwaterloo.ca for more information. Up-to-date information is also available in the library's online Events Calendar at www.rwlibrary.ca.

Happy Holidays from Chris, Jennifer, Rose, Diana, and Hannah!

Chris Baechler, Assistant Supervisor—Baden Branch

Artisan Painting

Is now a Service Painter for Home Depot 519-897-5838



* Interior / Exterior

- * Call for free estimate
- * Fully Insured
- * All major credit cards accepted
- Inquire about our finance program







Angels, clowns, hockey players, and a llama... Santa was in good company at this year's Santa Claus Parade!









Grape Results Winery

209 Arnold Street, New Hamburg

Wishing you a Merry Christmas!



We thank you for your patronage.







Baden Veterinary Hospital



Happy Holidays from ~

Dr. Rebecca Ricker & Associates

50 Foundry Street Baden ON N3A 2P6 519-634-8880

- In House Laboratory
- Surgery
- Preventive Medicine
- Prescription Diets
- X-rays
- Dentistry
- Grooming

New Clients Welcome!







Wilmot Jujitsu Professional Self Defense 13 Foundry Street, Baden (519) 590-4946 - www.wilmotjujitsu.com



JUJITSU - GENTLE, EFFECTIVE, BALANCED OFFERING: - ESCAPES, JOINT LOCKS, CONTROLS, PRESSURE POINTS AND WEAPONS. A PRACTICAL SELF DEFENSE ART INSTRUCTOR: NEIL CALHOUN

Training for Children and Adults! Classes are held on Monday and Tuesday evenings as well as Saturday mornings.

Improving the Health of our Community



A Heart of Gratitude

As we head into the Christmas season, we all experience a wide variety of emotions and feelings. For many, it may be a season filled with stress and busyness. For others, it may be a season filled with grief, fear, or loneliness. For some, it is a season of pure joy and gratitude. Wherever you are, I encourage you to look for opportunities to feel grateful and appreciative, regardless.

When we go through periods in our life when there is no adversity, it may be easier to acknowledge moments of joy or gratitude. However, when we go through extreme difficulties—including loss of relationships, financial difficulty, uncertainty with our health or the health of others, or we experience the deep despair of grief— it may feel impossible to find joy in our circumstances or situation.

Gratitude is defined as being thankful, counting your blessings, noticing simple pleasures, and being grateful for all you have. When we look for opportunities to experience gratitude, our focus shifts from what we lack in our life to the abundance of what we already have. The benefits of gratitude are highly documented. When we practice gratitude, we will notice that our mood improves, we become more resilient, our relationships become stronger, stress is reduced, and our health improves.

Habits to cultivate gratitude:

- Gratitude journal It can be extremely beneficial to spend 5-10 minutes several times a week writing about things for which we are grateful. As we become disciplined in this practice, the more natural it will become.
- Do not avoid the negative The key to leading a life of gratitude is to embrace the setbacks as part of your overall life journey. It is during these setbacks that we grow as an individual and become stronger.
- Connect with positive people –Gratitude helps us to connect to other people. When we look back at times of adversity in our life, it is quite often the people who surrounded us that helped to carry us through.
- Recognize the value of little things People with a heart of gratitude will often take opportunities to "pay it forward." This could be in the form of a few kind words, helping someone else, or doing something for someone without any reason.
- Volunteer- Identify your skills, and use them to help others. Volunteering helps to create better environments for others and healthier communities. We become more grateful as givers than we do as receivers.

∼ By Melodie O'Connell MSW RSW



 Exercise – Interestingly, there was a study completed in 2003 by Dr. Henry Emmons in which it was revealed that

people who practice gratitude were more likely to be involved in regular exercise and have fewer dietary restrictions. They were also less likely to smoke or abuse alcohol. Exercise can help clear your mind and reduce stress. The impact on our overall health may be immeasurable.

Gratitude should not be a reaction to getting what we want, but in noticing what we have, or becoming aware of the good in a difficult situation. As you begin the habit of practicing gratitude, you will notice the positive impact it has on your own life as well as on the lives of people around you. As you head into this Christmas season, look for opportunities to be grateful, whether it's fresh fallen snow, a few days away from work, time with friends and family, or the opportunity to remember a loved one. Hopefully, you will get to experience pure joy, even if it is just for a short while, in the midst of some of the challenges you may be facing. You will be grateful you did.



WATERLOO OXFORD D.S.S. HAS MUCH TO BE PROUD OF!

Congratulations to Waterloo-Oxford's entry of Whoville from *The Grinch Who Stole Christmas,* which earned second place! This year's theme for the Wilmot Gingerbread House Contest was "My Favourite Christmas Story." Great results for our first time in entering the contest.



Seen are left-right: Teacher Mrs. Carolyn Griswold, Cassandra Rudnick, Emilia Rudnick. Absent from photo, McKenzie Hall.

Waterloo-Oxford District Secondary students helped pack boxes with Operation Christmas Child on Monday, November 30. The boxes that our students packed will be going to help children and families for Christmas in Ukraine.



Seen front to back: Parent Mrs. Shelley Marjerrison, Nicole Kieswetter, Cassidy Wagler, Meghan Meneses, Vanessa Metzger, Alexandra Eriksen, Miranda Schultz, Alyssa Davis, Anastasia Marquette, Teacher Mrs. Jennifer Woolley, Caterina Boronka

THE TIRES YOU NEED. THE SERVICE YOU DESERVE.



Passenger, Light Truck, Lawn & ATV, Commercial, Farm

With a wide variety of top name brand tires, OK Tire provides you with a large selection to meet your driving needs.

519.662.4990 1413 Gingerich Rd., **BADEN** oktire.com BRIDGESTONE[®] Firestone[®] KUMHO TIRE⁹

E[.] Ontinental. ⊂ GOODFYEAR ITTETT

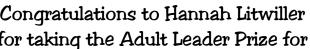
General tire TOYO TIRES driven to perform



Baden Outlook

Season's Greetings!

	ADULTS			KIDS		for takir
Pla		PTS	Pla	ce Name	PTS	this mo
1	Arlene Naumann	294	1	Meghan Hopkins	28	winnin
2	Hannah Litwiller	288	2	Ayden Ziegler	27	g from
3	Breanna Hopiavuori	284	3	Justin Nelson	27	5 m a laad
4	Amy Papa	279	4	N H Girl Guide	27	$\stackrel{\circ}{=}$ The lead
T5	Joel Ruston	278	5	Kohen Patten	26	$\frac{1}{6}$ Pool is P
T5	Michelle Ruston	278	6	Erin Rooney	26	5 certifi
7	Rachel Gondosch	277	7	Elias Bizony	26	(Sorr
8	Jeff Miller	276	8	Rhett Calder	25	0
Т9	Emily Danard	275	Т9	Jordan Hopkins	25	⁵ The lu 6 Su
Т9	Ralph Dahl	275	Т9	Logan Moore	25	
11	Brenda Carney	273	T11	Nate Roth	25	5
12	Jon Snook	273	T11	Owen Moore	25	5
13	Doreen Dean		T11	Sabrina Hallman	25	5 8 8 1
T14	Ron Cook	272 271	T14	Calob Heinbuch	25	3
T14	Justin Reiber	271	T14	Lashaedyn Faulkn	er 25	3
T14	Noah Heinbuch	271	T16	Dominik Struth	25	2 182 Un
T14	Josh Martin	271	T16	Blake A. Schwartz	25	2
T18	Rob Leu	269	18	Aiden Kropf	25	¹ BIRTH
T18	Patt Miller	269	T19	Sawyer Johnson	25	
20	Bailey Bechthold	267	T19	Adam Hoerle	25	
21	Chazen Snyder	266	T21	Evan Hopkins	24	9
T22	, Geoff Hopkins	265	T21	Laceylee Egli	24	
T22	Brooke Bechthold	265	T21	Ashlynn Jack	24	9
T24	Jonn Whitelaw	264	T21	Ben Ziegler	24	
T24	Jessie Gingerich	264	T21	Evan Bizony	24	⁹ TEAM S
T26	Emily Buchenauer	263	26	Zach Becker	24	8
T26	Katelyn Koenig	263	T27	Finlay Johnson	24	5 FAM
T26	Armand Weiler	263	T27	Allie Gardner	24	5
T26	Melba Honderich	263	T29	Trent Agnello2	24	4
Т30	Michelyn Routhier	262	T29	Vance Hallman	24	4



this month's Hockey Pool, winning a gift certificate from EJ's Baden Hotel.



The leader of the Kids Hockey Pool is Ayden Ziegler, winning a gift certificate from Riverside Lanes.

> (Sorry Arlene and Meghan, but you can only win the monthly leader prize once!)

The lucky random draw winner is Susan Whitelaw winning a Baden Outlook coat.



BIRTHDAY BOWLING PARTIES

- Cosmic Bowling
 - Pizza
 - Beverage
 - Slushie



TEAM SPORTS PACKAGE

FAMILY BOWLING SPECIALS

519-662-1938



Hello sports fans—thanks for playing hockey with us! We had 375 hockey pool entries and you can start following your stats which are updated daily on the site. The Outlook draws the stats on the 7th of each month to determine the winners. To follow the stats, log on to our website at <u>www.badenoutlook.com</u>, click on sports pool and select "hockey." Once in the site select login your pool (adult pool is outlookhockey and kids pool is outlookkids) and both pools have a password of guest. Have Fun and Good Luck!







Happy Holidays from Pita Pit!

Mention this ad for a free combo as a seasonal gift from us. Valid until end of January.

Please support the advertisers of this paper. We couldn't do it without them!!

Submissions are due on the 1st of each month.





Tuesday - Friday 11am-7pm ~ Saturday 10am-2pm

You Must Be Joking!!



Taxiing down the tarmac, the 747 abruptly stopped, turned around and returned to the gate. After a two hour delay, it finally took off. Larry, a worried passenger asked the steward what the problem was ...

"The pilot was bothered by a noise he heard in the engine", explained the flight attendant, "and it took us a while to find a new pilot."

Submitted by Bruce Bousher



You Must Be Joking!!

CURTAIN RODS...Something's Fishy!

He spent the first day packing his belongings into boxes, crates and suitcases. On the second day, he had the movers come and collect his things. On the third day, he sat down for the last time at their beautiful dining room table by candlelight, put on some soft background music, and feasted on a pound of shrimp, a jar of caviar, and a bottle of spring-water. When he had finished, he went into each and every room and deposited a few half-eaten shrimp shells dipped in caviar into the hollow of the curtain rods. He then cleaned up the kitchen and left...

When the ex returned with her new partner, all was bliss for the first few days. Then slowly, the house began to smell. They tried everything: cleaning, mopping and airing the

place out. Vents were checked for dead rodents and carpets were steam cleaned. Air fresheners were hung everywhere. Nothing worked! People stopped coming over to visit. Repairmen refused to work in the house. The maid quit.



Finally, they could not take the stench any longer and decided to move. A month later, even though they had cut their price in half, they could not find a buyer for their stinky house. Word got out and eventually even the local realtors refused to return their calls. Finally, they had to borrow a huge sum of money from the bank to purchase a new place.

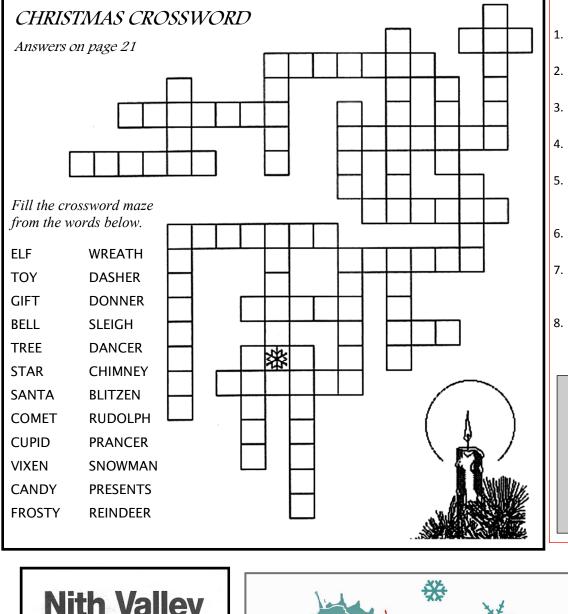
The ex called and asked how things were going. She told him the saga of the rotting house. He listened politely and said that he missed his old home terribly and would be willing to reduce their divorce settlement in exchange for getting the house. Knowing he had no idea how bad the smell was, they agreed on a price that was about 1/10th of what the house had been worth, but only if he were to sign the papers that very day. He agreed and within the hour his lawyers delivered the paperwork.

A week later the ex and her partner stood smiling as they watched the moving company pack everything to take to their new home....And to spite the husband, they even took the curtain rods....(oh what a stinker!!)

Submitted by Bruce Bousher

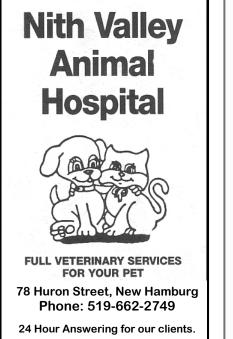


Baden Outlook



Christmas Trivia Quiz

- How many la's in a line of "Deck the Halls?"
- 2. How many "swans a swimming?"
- 3. From what country does the poinsettia plant come?
- 4. What was so good about Rudolph's red nose?
- 5. Who is the author of The Grinch Who Stole Christmas?
- 6. What did Frosty The Snowman have for a nose?
- 7. In the song "Winter Wonderland," who do we pretend the snowman is?
- 8. Who was kissing Santa Claus under the mistletoe last night?
 - үттоМ .8
 - Parson Brown
 - nottua .a
 - 2. Dr. Seuss
 - 4. It lit the sleigh on the
 4. It lit the sleigh the fog
 - Mexico
 It lit the sleigh on t
 - novod 1
 - nəvə2 .2
 - 1. There are 8 plus one fa



Register NOW Register NOW for Winter 2016 Classes! -Art Explorer ClassClay Creations Class- -Drawing ClassMedium Madness Class-				
96 Huron St, Unit 2P519-662-8282New Hamburg, ONWwww.viewfinderartstudio.comN3A 1J3einfo@viewfinderartstudio.com				
Classes - Workshops - Parties				

Volume 16, Issue 5



Be Well ~ Tis the Season...for Inflammation?

What an incredible time of year this is! Fun, Festivities, Fabulous Family events, and of course FOOD! The holidays are almost synonymous with food, and lots of it. Sadly, much of our holiday consumption revolves around foods that are *inflammatory*.

Inflammation is a reaction to *injury* or *infection* resulting in swelling, redness, heat and pain, and can be experienced in any area of the body. Yes, in any area. We understand what inflammation is when we sprain an ankle or have a bad tooth. We can also identify inflammation in a sore throat. What we fail to realize, however, is that inflammation also occurs in our cells when they are exposed to inflammatory choices.

Sadly, our "holiday bodies" are often bombarded with an overload of self-induced inflammatory foods and behaviours that result in a variety of provocative symptoms: headaches, fatigue, indigestion, bloating, gas, constipation/diarrhea, swollen stiff joints, skin breakouts (pimples, eczema, hives), nasal congestion, susceptibility to viral/bacterial infections, irritability/moodiness...and the list continues. Chronic inflammation also leads to the early onset of most diseases such as arthritis, Crohn's, Celiac, diabetes, cardiovascular disease, strokes, and cancer.

My goal is to encourage you to make healthy holiday choices to keep your body in an *anti-inflammatory* state. Here are my <u>"20 Tips for Anti-Inflammatory Optimal</u> Health!"

Eliminate:

- Highly processed junk foods and fast foods. Make your * own healthy homemade food.
- * Simple sugars (white sugar, corn syrup and foods containing them).
- * Artificial sweeteners. Use natural sweeteners that contain healing nutrients.
- Soda pop and processed juices. Drink water and living * fresh juices.
- * Trans-fats and all hydrogenated oils. Replace with extravirgin, cold-pressed oils.
- * Conventionally raised animal products; find drug-free, free-range options.
- Pasteurized and irradiated foods. *
- * Processed preserved luncheon meats, hot dogs and sausage.

By Christine Gingerich

- * Alcohol consumption.
- Chemical additives and preservatives.
- Nightshade vegetables, if you're prone to arthritis (sweet/hot peppers, white potatoes, tomatoes, eggplant).

Resolve:

- Toxic emotions (anger, bitterness, unforgiveness, depression).
- * Lives filled with too many mental, emotional and/or physical stressors.
- Chronic constipation. *
- Inadequate sleep/rest. *
- Over-growth of internal yeast and/or fungus.
- Digestive disorders or a "weak gut." *
- Lack of digestive enzymes. *
- * Lack of dietary fibre.
- Lack of dietary variety.

Just as important as eliminating inflammatory foods, eating anti-inflammatory foods helps reduce symptoms. The following anti-inflammatory items regularly added to your diet will help reduce the inflammatory load.

Encourage:

- Dark leafy greens and deeply coloured vegetables.
- Brightly coloured fruits and berries, high in antiinflammatory phyto-chemicals.
- Extra-virgin, cold-pressed olive, walnut, coconut, flax and hemp oils.
- Raw nuts and seeds such as walnuts, flax, cashews and * pumpkin.
- * Cold-water, oily fish.
- Drug-free, naturally-raised, grass-fed meats. *
- Omega-3 essential fatty acids, ideally from food sources. See a health practitioner for suggested doses of supplements in capsule form.
- Chew, chew, CHEW your food...upwards of 30-50 * times per mouthful!

Feeling doubtful on how important the inflammation connection really is? I encourage some holiday reading by renowned Dwight Lundell, MD. http://doclundell.com

Wishing you a wonderful Christmas holiday and a Happy, Healthy New Year! ~ Christine

Purchase your holiday gift-giving copies of **Optimal YOU** at various local retail locations!

Thank you for your loyalty Wilmot Township! Redeem this coupon for \$2 off your next purchase of Optimal YOU! Exclusively at Home Hardware, New Hamburg and The Town Pantry, New Hamburg ※ No cash value. Coupon expires Thursday, December 24th 2015





INTERESTING PEOPLE ~ Meet Judge Frazer

The Baden Outlook had the privilege to visit with Baden resident, Bruce Frazer, and learn of his job as a judicial judge. There are many occupations that hold power, whether it be a CEO of a large corporation or performing brain surgery, but we believe that Bruce's job is extremely powerful.. we'll let you be the *judge*.

Bruce was born in Toronto, grew up in Galt and Preston, and had thoughts of being a teacher. His father worked for the government and suggested that Bruce should go to law school. As an undergrad he decided to apply at the University of Windsor, and he graduated the three-year course in 1972. He apprenticed for twelve months with Pearson and Flynn in Preston and spent another six months at Osgoode Hall Bar admission course. In 1974 he was called to the bar.

Bruce ran his own law firm, "Bruce Frazer Law Office," in Preston for the next five years (1975-79). In 1977 he was invited to work part time for the Crown Attorney and in 1979 he joined the Crown Attorney's office full time at 20 Weber Street, Kitchener. From 1979 to 1996 he served in that position. Towards the end of his tenure he applied to become a judge, and in 1996 he was appointed to the court.

Bruce met his wife Pam, who was a court reporter for 22 years and has been retired for the past ten years. They have four children: Brian, David, Shanna, and Robert. Bruce and Pam have lived in Wilmot Township for 28 years—1987 to 2009 in Manheim, and 2009 to the present, in Baden.





Visit our website at www.badendentalclinic.com

There are three divisions of the law that Bruce oversees—criminal (which is the bulk of his cases), family law, and child protection. Child protection is by far the hardest of the cases to oversee. "There is nothing more gut



wrenching than taking a child from their parents" says Bruce, "but you have to think of the child before anything else." It is important to be the voice that speaks for their best interest so they can continue to develop in a healthy and safe environment.

Each criminal offence has a legislated maximum penalty, and recently the courts have implemented minimum sentences for some offences. Each case is different however, and there are many factors such as past history, intent, and other aspects that have to be considered.

Bruce is based out of the Kitchener Court House and the regional office in London; however, he can be asked to preside over cases all over Ontario. He has presided as far east as Ottawa, as far west as Windsor, and north to Owen Sound. Working in distant areas is a good thing, because area judges can be put into awkward positions knowing local people.

Bruce has no idea each day of the cases he will face other than a name and the offence. One of the worst cases that he had to preside over involved a mother and an eldest son who had three children together. The children had some obvious defects, and the mother claimed that it was a twin sister who died who was the actual mother of the children. It was a tangled web of deception that had to be unravelled before this case could be solved. Some humourous moments also occur, such as the woman who answered her cell phone while in the witness box... "Hello, I can't talk right now.".

Bruce and Pam frequently travel to Barbados, and Bruce has developed a love for the steel drum. In the 80s, seeing his passion, Pam bought steel drum lessons for Bruce as a birthday gift. After several lessons the instructor asked Bruce if he would be interested in playing in their band, "Traces." Bruce has played with them since and has played locally, including at the summer concerts series at Castle Kilbride and also at the Baden Corn Fest.

Bruce retired in October 2011. He collects his pension but is still allowed to work a maximum of 96 days each year without affecting his pension. He loves what he does and hopes to continue as long as he can. He does get frustrated with the backlog of cases and thinks more efficiencies are needed within the system.

The Baden Outlook appreciates the difficulty that Bruce faces while listening to the given information, making a judgement, and handing down a sentence. It is not for everyone, but he enjoys his work, takes it seriously, and does it well.



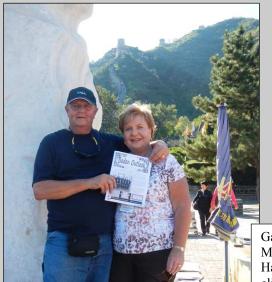
Get creative and build your own gingerbread house!



Wow! More exciting destinations as The Baden Outlook continues to travel ...



The Baden Outlook went along to the Kilauea Point Lighthouse at Kauai, Hawaii with Michelle Veras, Mathew Hammer, Brian Roth, Chris Medley, Donna Medley, James Hammer and Deborah Roth.





Karen and Louise met up with the Baden Outlook over dinner in the Dominican Republic.



Tina Toman and Doreen Brydon took the Baden Outlook along to visit the Christmas Museum in the Lancaster, Pennsylvania.

Gary and Shirley Collins of Morningside Village, New Hamburg took their Outlook to climb the Great Wall of China. Don't forget to pack your Baden Outlook when going on vacation!



90 Wilmot St. New Hamburg Mail to: PO Box 6003, N3A 2K6

E:Mail: lydiastax@bellnet.ca

Phone: 519-662-1857 Fax: 519-662-2166



FULL SERVICE MAINTENANCE AND REPAIRS TO ALL MAKES AND MODELS

Manager Matt Musselman matt@badenauto.ca Service Manager Danny Shantz dannyshantz@badenauto.ca



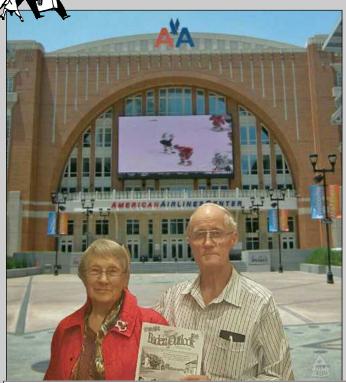
TAX & ACCOUNTING SOLUTIONS

(Formerly Lydia's Tax Service)

We do Personal, Business, Farm & Corporation Taxes We also offer Complete Bookkeeping Services Including Payroll, HST & WSIB Reports

Hours: 9am - 4pm Mon-Fri. or By Appointment

.To Hawaii, Texas, Dominican, Mexico, Pennsylvania and China!



Mary Ellen and Glenn Zehr at the American Airlines Center in Dallas, Texas. They took their Baden Outlook to read while flying to the Dallas area to visit their son Peter and his family. They read the story about Mike Hoffman from the November issue and then went to the game and watched Mike score two goals when Ottawa beat Dallas 7-3 on Tue,



Joanne Chase and Claude Bouchard from Montreal, enjoyed their Baden Outlook while lounging by the pool in the Dominican Republic.



Donna and Bob Grigg (seated behind kids on the right) took their Outlook along to Mexico for their son's wedding. Seen are their grandchildren: Hannah, Caleb, Ethan, Emmaley (holding the Outlook), Max and Jack.

Bob and Donna Grigg took the Outlook along with their friends Mike and Kathy Tovey, and Pam and Paul Druar to Tulum, Mexico for their son Jim and Angie's wedding.





We're on the Web! See the paper in colour! Visit www.badenoutlook.com

Baden Outlook

Let US Help Take Care of YOU!

"Oh So Pretty" by Carrie Thorne



Offering 21 years of experience in esthetics.

Call me for your Eyelash Extensions and Shellac Manicures for your upcoming Christmas parties.

For appointment please call Carrie at 519-634-8436 or text 519-500-4943

Mariko Ogasawara RRPr.

Registered Reflexologist 519-634-8935



Reflexology: Relieves tension Improves circulation Promotes natural healing

Reflexology Registration Council of Ontario Grand River Reflexology Associate

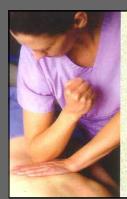


Specializing in pain management; mobility issues; allergies, chronic and acute injuries. Helping people live an active pain free life naturally.

Caroline Wilson R.Ac ACUPUNCTURIST



65-C Brubacher Street, Baden, ON T: 519-577-3455 elementsnaturalhealing@primus.ca



Administering quality care in Wilmot since 1998.

Stephanie Hergott

Registered Massage Therapist BY APPOINTMENT ONLY

Don't let your benefits go to waste again!

(519) 635-9240 stephaniermt@gmail.com www.maximizingmotion.ca

1806 Erb's Road, Box 204, St. Agatha, ON. NOB 2L0

Gift Certificates are a great way to say "I love you." Treat someone with some personal care this Christmas!





Skin Care * Permanent Hair Reduction * Makeup Design

Unwind with a Relaxation Facial Massage

Gift Certificates Available

Affinity Health Clinic - 3 Waterloo St., New Hamburg, Ont 519-741-462 / lindalangenegger@gmail.com



Call Kathy at 634–5772

75 Snyder's Rd. W., Baden

New Hair Colour!! Bio-Friendly No Ammonia ~ Healthier Choice <u>Shop Hours</u> Monday 9:30-8:00 Tuesday 9:00-6:00 Wednesday Closed Thursday 9:30-8:00 Friday 9:00-5:30

Closed Saturdays



Registered Massage Therapy · Chiropractic Orthotics · Physiotherapy · Natural Medicine

Online Booking www.livewellhealthandwellness.com 519 634 9819 18 Snyder's Rd W Baden Ontario



1760 Erb St Unit A St. Agatha, Ontario 519-725-4282

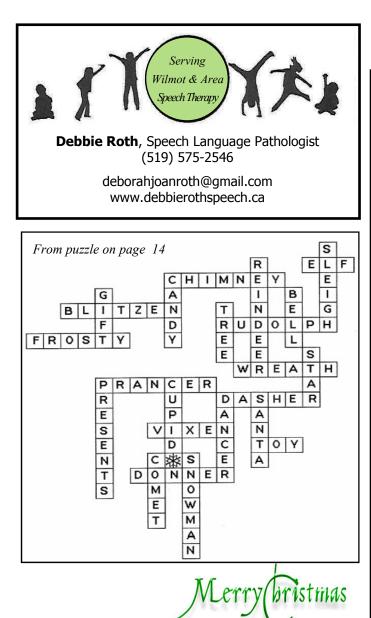
Tues - Thurs 9 - 6 Friday - 8 Saturday 8 - 5

Organic Food Box Organic Produce & Food Delivered to Your Door

Order Online, Call Us or **Shop in Store**

- Local / Imported Certified Organic Fruits & Vegetables
- Organic & Natural Food
 Bodycare
- Organic Meat & Dairy
 Vitamins
 - ERB OUTLET

www.pfenningsorganic.ca





Baden Outlook

BADEN VILLAGE PHARMACY

PHARMASAVE 18 Snyder's Road, Baden, Ontario

P 519-214-4000 E 519-214-4001

Cold and Flu season is upon us and here is what you need to know from Baden Village Pharmasave:

Cold and Flu are both respiratory infections of the nose, throat, and lung that can be caused by a variety of viruses. Many people use the word "flu" when they actually have a cold. Although the common cold is also

caused by viruses, the flu and common cold differ in several ways. The common cold usually presents with a stuffy nose, sneezing, or sore throat, whereas the flu usually presents with a high fever, headache, aches and pains, and significant fatigue and weakness.



We haven't yet found a way to kill the virus that causes the common cold or flu. Since there's no cure, some coping strategies to keep you comfortable include: plenty of rest; drink plenty of fluids; for a sore throat, a warm salt water gargle may help; and humidifiers can keep the air moist in effort to sooth coughs.

Medications can also help relieve cold and flu symptoms, including nasal decongestants, cough suppressants, expectorants, antihistamines, and analgesics such as Tylenol and Advil. Antiviral medications are sometimes used to treat the flu. These medications can help shorten the duration of the flu and reduce symptoms if they are taken within 2 days of the start of symptoms. Antiviral medications are also recommended to prevent flu infection for some people; however, the best way to prevent the flu is to get vaccinated. Because the flu viruses change from year to year, vaccination needs to be repeated every year.

Come see us for more information at the Baden Village Pharmacy!



Happy Holidays!!

HOW TO MAKE EXERCISE A REGULAR HABIT

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

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

Make Exercise Safe: An exercise that may be considered safe for one individual may not be safe for another due to age, physical limitations, and other health concerns. If you are not sure where to start, consult with an experienced individual such as a personal trainer or health care provider who can assist in choosing activities that are appropriate for you. If you have been inactive for a period of time, gradually ease into activity and take it slow.

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

ABSOLUTE'S BEST SPECIAL OF THE YEAR **3 month Membership for only \$99**

Special expires December 31, 2015. New members ONLY. Certain restrictions apply. * Plus HST

CALL US TODAY 519-662-9066 or VISIT US @ www.absolutefit.ca

Happy Holidays from all of us here at Absolute Fitness and Personal Training





The Baden Outlook is a completely independent publication, not affiliated with any other printer, organization, individual or commercial enterprise.

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



Make Exercise Feel Good: Not only does exercise make you physically stronger; it also has the benefits of releasing excess tension, building selfesteem, and stimulating the body's



natural "feel good" chemicals called endorphins. Although there may be some initial physical discomfort when beginning a new exercise program, this may be

your body's normal response when starting a new activity and should not last more than one to two weeks. If discomfort or pain persists beyond this point, seek advice from a knowledgeable individual to make sure the exercise you are performing is appropriate and being done correctly.

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

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

This article is a basic summary for educational purposes only. It is not intended, and should not be considered, as a replacement for consultation, diagnosis or treatment by a duly licensed health practitioner.



Chiropractic Care
Rehabilitative Speciality Services
Registered Massage Therapy
Medical Acupuncture
Custom Orthotics
Naturopathy

New Patients Welcome!

Proudly serving Baden, New Hamburg & surrounding communities for over 12 years.

9-338 Waterloo Street, New Hamburg 519.662.4441 <u>www.nhwc.ca</u>

Thanks to all who attended and supported our first annual Mental Health Awareness Breakfast.

Thank you to the following businesses and individuals who purchased tables for the event:

B-W Feed and Seed The Corporation of the Township of Wilmot Boyd and Nancy Gingerich Goodlife Fitness Home Hardware - New Hamburg Interfaith Counselling Centre Board of Directors Matt & Hendrike Isert-Bender Josslin Insurance Brokers Local Real Estate Agents Lumio Creative NW Roofing New Hamburg Firefighters Association New Hamburg Independent Peoplecare Inc. Pfennings Organics & More Pharmasave Rick Willfang - North Blenheim Mutual Insurance Stonecroft Homes Tri County Mennonite Homes Waterloo Oxford District Secondary School Staff Wilmot Aquatic Aces Rotary Wilmot

A special THANK YOU to the Rotary Wilmot for partnering with ICC on this event. Together, we can achieve Emotional Wellness in Wilmot Township!





Merry Christmas from your friends at Zehr Insurance... We're here for you!



59 Huron St, New Hamburg, ON www.zehrinsurance.com -519-662-1710

"Protecting What Matters to You"

You Must Be Joking!!



Rotary Wilmot

These Wise Guys are Quick on Their Feet

Wise Guy #1

At mealtime during an airline flight, the flight attendant asked John, "Would you like dinner?" "What are my choices?" John asked. "Yes or no," she replied.

Wise Guy #2

A lady was picking through the frozen turkeys at the grocery store, but she couldn't find one big enough for her family. She asked a stock boy, "Do these turkeys get any bigger?'" The stock boy replied, "No ma'am, they're dead.'"

Wise Guy #3

The police officer got out of his car as the kid who was stopped for speeding rolled down his window. "I've been waiting for you all day," the officer said. The kid replied, "Yeah, well I got here as fast as I could." When the cop finally stopped laughing, he sent the kid on his way without a ticket.

Wise Guy #4

A truck driver was driving along on the freeway and noticed a sign that read: Low Bridge Ahead. Before he knows it, the bridge is right in front of him and his truck gets wedged under it. Cars are backed up for miles. Finally a police car comes up. The cop gets out of his car and walks to the truck driver, puts his hands on his hips and says, "Got stuck, huh?" The truck driver says, "No, I was delivering this bridge and I ran out of gas.!"





EXPERIENCE THE SOUNDS OF HAPPINESS THIS HOLIDAY SEASON.

BATTERYBONANZA

TANE ADVANTAGE OF OUP

BUY 6 PACKAGES OF BATTERIES AND GET 4 PACKAGES FREE*

> *Limit 1 Per Customer. See Clinic For Details. Offer Expires: December 31, 2015

90 DAY RISK FREE TRIAL PERIOD FOR GUARANTEED SATISFACTION CALL TODAY FOR A FREE HEARING TEST!



608 BELMONT AVE. W., KITCHENER

TUANA

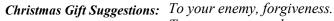
10 WATERLOO ST., NEW HAMBURG

519.745.5888 519.662.6884

LYNNE

Volume 16, Issue 5







To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a custom, service with a smile. To every child, a good example. To all, charity. To yourself, respect.

~ Oren Arnold

W & W Liquidators

Handles / Hinges / Knobs / Spindles / Cabinet Hardware

118 Victoria Street S., Kitchener, ON N2G 2B4 Phone or Fax: (519) 744-1080

Jean Wood & Family

** Residing in Baden for 55 years ** In business over 25 years.

"We have more knobs than you can handle!!" Over 5000 handles and knobs!



Although Bob passed away, his presence is there with his girls ~ and they do him proud!

Monday to Friday 9 am - 5:30 pm Saturday 9-4:30 / Sunday - Closed

The Festival of Lights

While we're all busy this month wishing our friends a "Merry Christmas," we may also hear people exchanging the greeting "Happy Chanukah." Because Chanukah occurs on the 25th of the month of Kislev on the lunar Hebrew calendar, it roughly corresponds to the Gregorian calendar month of December. This year, for instance, Chanukah began on the evening of December 6, and will conclude on December 13, but because this Jewish holiday can fall close to or even span December 25, it may be confused with a "Jewish version of Christmas." But Chanukah has no connection at all with Christmas: it is instead the Jewish Festival of Lights that commemorates the rededication of the Holy Temple (the Second Temple) in 164 BCE.

At the time when Hellenistic rule conquered much of the Middle East (and beyond), Antiochus IV invaded Judea, sending his army against the Jews. He took their city and slaughtered great numbers of the people, destroying their Temple and defiling the ruins that were left.

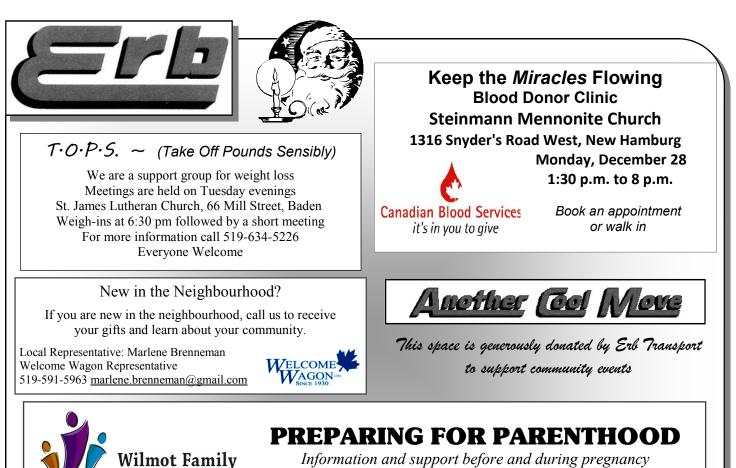
Three years and six months later, a small band of Jews led by Judah Maccabee rebelled against the armies of Antiochus, and won. They rebuilt the Temple and its surrounding walls, but when it came to rededicating the Temple, not enough oil could be found to keep the eternal light burning throughout the night. By a miracle, this small amount of existing oil burned for eight nights, enough time to acquire a new source, and Chanukah, which is also called the "Miracle of the Lights," celebrates and commemorates this miracle.

You may have seen menorahs in stores: a menorah is simply a candelabrum with, usually, eight branches. The Chanukiah menorah has nine branches, one of which is called the *shamas* or "attendant." With this attendant candle, each of the eight candles of Chanukah is lit at dusk: one on the first night, two on the second, continuing until, on the eighth and last night, all eight candles are lit. As the candles are lit, a prayer is recited that blesses God for commanding us to light the candles that recall to us the miracle and the deliverances that were wrought for our ancestors in those days. The lights are holy; they are not to be used for any purpose but to look at and give thanks, until they burn out of their own accord.

As I write this, it is almost time to light the fourth candle. Next year on Chanukah, which will begin on December 12, wish your Jewish friends and acquaintances not "Merry Christmas," but "Happy Chanukah!"



Submitted by Gail Corning



Information and support before and during pregnancy

Thursdays, 6:30-8:00pm ~ January 14-February 25

The Snow Pros

Planning a pregnancy and being pregnant are both exciting times. A time of change, growth, discovery, and often many questions. This free program offers information on a variety of topics related to pregnancy and becoming a parent. Support people are welcome.

For more information or to pre-register contact Heather at 519-662-2731



Resource Centre





Parking lots, driveways, sidewalks **Fully insured Professional** Radio dispatched trucks

Snow Clearing // Ice Control

Ice Control

Book **NOW**

for upcoming Snow Season

Call Tom the Tree Fellar The Snow Must Go Hotline

519-662-6198 519-580-6255



Open lunch & dinner Tue-Sat Licensed under AGCO 196 Peel Street New Hamburg, ON N3A 1E3 519 662 1143



New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

Coming in the New Year ... Express lunch Friday, Jan. 8, 2016 \$8 advance, \$10 at the door

Entertainment : DIRTY OLD MEN Sat., Jan. 23, 2016, 3 -7 pm

Till then, Merry Christmas!!

Nith Valley Snosurfers Monthly Newsletter

Snowmobiling can raise challenging and complex issues for our Township. As the Trail Master for the Nith Valley Snosurfers, our local snowmobile club, I'll be writing a regular column to help us all understand what it takes to have and maintain trails throughout our Township, a trail system that is controlled by our local club in concert with government requirements. As the snow begins to fall, I'll keep us all informed about what is happening with the trails and why some may not be open. For instance, we're fortunate to have the Nith River flowing through our area, but when the river floods, some of our trails have to be closed. We have rectified this problem by redirecting trails away from flooded areas to safer trails.

One of our objects is to educate snowmobilers about the Do's and Don'ts of snowmobiling, because, unfortunately, some

snowmobilers don't recognize that when a trail gets closed permanently, their behavior may be at fault. Consequently, I will be frank about bad snowmobiling. Bad snowmobiling almost closed down an important part of our trail system last year by violating our arrangements with



landowners. The New Hamburg/Baden trail system is an important link to the vast trail system throughout Ontario, and representing permitted snowmobilers, valued landowners, and the Nith Valley Club is my responsibility. Therefore, our club will work hard with landowners this year to monitor their property, in order to retain their involvement and their gracious permission to cross their lands.

Snowmobiling can be a safe and enjoyable sport if we all abide by the rules. Imagine how impossible it would be to connect to the North/South/East/West trails if one of those links had to be closed for good because bad snowmobilers do not By Paul Ming, Trail Master



demonstrate good manners. We must all be committed to staying on the trails, trails that may differ from those laid down last year. Current trails have been set because we have worked hard with landowners to determine the safest and best routes through their property, adjusting trail routes to

accommodate crop rotation. Driving over crop-ready fields can damage the crops landowners depend on for their income, so please stay on the trails that are clearly marked: **obey the signs!** By Staying on approved trails, we will all enjoy a better snowmobiling season.

In this regard, please be aware that trails are **not** approved east of the Baden survey. Last year, Bad Snowmobilers used Baden east as a connection for food and fuel, which is a big problem for residents. This area has now been marked and closed to access, in accordance with local by-laws. Note that snowmobilers using the sidewalks can be fined up to \$5000, a not insignificant sum. These problems almost caused our trail to be closed last year, so, again, **obey the signs!** We have installed an access trail from the west side of Baden that will allow you to get to EJ's Tavern and the gas station; as well, another access trail will take you to New Hamburg for food and fuel. Please use these trail links and avoid creating problems for courteous snowmobilers and area residents.

Have you ever wondered how large our Ontario trail system is? It's over 30,000 km of trails. Please stay on these trails so you can enjoy your winter and ride safely. Check out our club's website at www.nithvalleysnosurfers.com. You'll find information there that can make your riding more enjoyable. If you're interested, a family membership is \$15.



Used Ipod SHUFFLES NEEDED

A message from Nithview's Family Council:

Please donate used (or new) iPod shuffles to the **MUSIC & MEMORIES** personal iPod program at **Nithview Long Term Care** in New Hamburg. Help us set every resident up with a shuffle loaded with their personal music favourites. Google "music & memories Henry" to learn more about this great program that Nithview is rolling out. Will take other models but the shuffle is the model we'd like to standardize on.

Please contact: Linda Kress – Nithview Family Council at 519-634-8517 or linda@cwisp.ca

Baden Outlook

New Hamburg Thrift Centre 41 Heritage Drive New Hamburg 519-662-2867





Christmas Hours

We will be closed Dec 24, 25, 26 and closed Fri. Jan 1 (Regular hours all other days.)

Wishing you and your family a very Merry Christmas!

In-Store Christmas Clearance Starting Monday Dec 21!



All proceeds benefit the work of Mennonite Central Committee

REGULAR HOURS

Mon-Thurs 9:00 am - 5:00 pm Fri 9:00 am - 8:00 pm Sat 9:00 am - 4:00 pm

A 'PERFECT MARRIAGE'



IS JUST TWO IMPERFECT PEOPLE WHO REFUSE TO GIVE UP ON EACH OTHER



Increasing financial security, saving money and eliminating debt through personal financial forecasting

Financial forecasting for small business startups

Flaine Bechthold Financial Coach 1826 Snyder's Rd. E. Petersburg, ON N0B 2H0 Toll Free: 877-788-0480 Phone & Fax: 519-634-8021

info@moneymeasuresinc.com www.moneymeasuresinc.com t Christmas time we reflect on the nativity story – a story of a family leaving their home and looking for refuge in a safe place. It is a story of hope in the midst of violence and uncertainty.

Today, the stories of individuals looking for refuge continues. Fatima, her husband, and their four children fled for their lives from Syria to Lebanon. For a year they lived in a vacant lot where about 80 tents had been set up for refugees. The tents were made from nylon sheets, curtains, and blankets that did not withstand the freezing temperatures or flooding. Scabies, hepatitis, and lice were common. Diarrhea and illness were frequent dangers. One infant died.

Working with a local partner, MCC was able to provide rooms for 10 families. This provided the springboard for other international non-governmental organizations to prepare rooms for 50 more families. Having a decent place to live has made all the difference for Fatima's family. She remembers the day they moved from the tent into a room in an apartment building. "People thought I was going to go crazy because I was so happy," she says. "I was done with mice and rodents."

"At least here we have a little dignity," Fatima says. "Dignity," her husband adds, "is when a person lives in his own home. This is my home; my children around me."

The New Hamburg Thrift Centre wants to thank you for your interest in supporting our refugee resettlement response. MCC is working diligently with local sponsorship groups to provide the best experience for new families when they arrive. Part of MCC's response is providing a *Welcome Package* to families on their arrival. The package includes a handmade blanket and an MCC Thrift Gift Card among other items. We believe gift cards provide that much needed dignity for our new neighbours to purchase just what they need. It could be a coat, it could be shoes, but it could also be something as simple as a radio or a book. The gift card provides the opportunity to choose what they need to feel most at home in Ontario.

We welcome your donations. Proceeds from the sale of all Thrift goods becomes part of the larger MCC effort to support refugee families as they arrive. We also invite you to purchase a gift card in the shop to be given to one of the new families. Please speak with a manager in the shop for more information. Cash donations are also welcome and are part of a government matching incentive which is in place until December 31st.

Thank you again for your generosity. If you have questions about MCC's work with Syrian refugees please contact MCC at 519-745-8458 or check our webpage for updates at http://mcccanada.ca/



New Hamburg Legion

65 Boullee Street New Hamburg

Hall Rentals

Call Terri Taylor 662-3834 Or Legion 662-3770



Local Churches Invite You to Join Them

Please visit www.badenoutlook.com for a directory of local churches.



WILMOT MENNONITE CHURCH

2995 Bleams Road, New Hamburg, ON

Worship Service 9:30 a.m.~ Christian Formation: 11:00 a.m. Pastor Dave Roglasky

519-634-5030 www.wilmotmennonite.ca

Wilmot Centre Missionary Church

2463 Bleams Road—corner of Bleams & Sandhills Road Services at 9 & 11 am. Children's Worship 11:15 am

Rev. Wayne Domm, Dr. Rob Gulliver, Youth Director Jason Erb

519-634-8687 www.wilmotcentremc.ca

SHANTZ MENNONITE CHURCH

2473 Erb's Road, Baden, Ont N3A 3M3

Phone: 519-634-8712 / Email: office@shantzmc.ca Pastor: Don Penner

Worship Service - 9:30 am Christian Education - 11:00 am

Steinman Mennonite Church

1316 Snyder's Rd. W. (at Nafziger Rd), Baden

Sunday Worship 9:45, Sunday School 11:00 am

Phone: 519-634-8311 / www.smchurch.ca

computers inc. • REPAIRS

QUALITY SERVICE FOR 20 YEARS

- VIRUS REMOVAL, MAINTENANCE, UPGRADES AND MORE!

73 Peel St, New Hamburg, 519-662-6720

- ONSITE AND IN-STORE SERVICE AVAILABLE

- NEW AND USED COMPUTERS FOR SALE

ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden ON 519-634-5191 joanna.e.miller@gmail.com Pastor Joanna Miller Christmas Eve Candlelight Service Dec. 24th 9:00 p.m. No Christmas Day Service

West Hills Fellowship

Sharing space at St. James Church, 66 Mill Street, Baden ON

Pastor Sean East / pastor.westhills@gmail.com 519-634-4993 office.westhills@gmailcom

Sunday School 9 am, Fellowship 10 am, Worship 10:40

Livingston Presbyterian Church

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am Rev. John Deyarmond—519-747-9902

Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON 519-634-5511 www.persburgchurch.org * *Wheel Chair Accessible* * Worship Service 9:30 am / Sunday School





The Empty Chair

This year when Christmas boughs are draped And cards around the doorway taped And cookies baked, and green wreaths hung And carols in the crisp night sung This Christmas cannot be as fair In homes where there's an empty chair.

Dear God in Heaven, bless with peace Those whose Christmas joy has ceased For those who grieve and cannot bear The stillness of that empty chair.



Instill in them a second sight To see in death a lasting light Which reassures that those who've died Now kneel before the manger side To celebrate the blessed birth More grandly than we can on earth.

And may those visions of your care Bring hope enough to fill that chair So Christmas carols may be sung And Christmas bells may still be rung And Christmas peace replace all fears And Christmas joy be felt through tears.



Heading South? Get Your House Ready Before You Travel By Mike Trotter

Winter in Canada is great, but after a while in the cold, it's nice to take a break and head south for the beach and some sunshine. Before you lock the doors and head off to the airport, there are a few things in your house to do so all will be okay when you return.

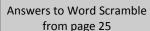
#1. If your house has a sump pump it needs to be checked to make sure it's up to the job, which is to pump out groundwater that accumulates under the concrete basement floor. Sump pumps come in two styles--submersible and column models. The submersible is by far superior and is much more reliable. I have removed 25 year old pumps that still

worked! The best way to check is to get right into the sump pit with a flashlight and lift up the float that controls the pump. The pump should start. Let it pump the water out and then check the pit for stuff that should not be there (like rocks, mud, toys, etc.). It's a bit messy (wear gloves and safety glasses), so a wet vac is the best tool. It's a nasty job but most sump pits never get cleaned until the pump quits...then it's too late. If your pump is working and you know how old it is, then you're in good shape. If it's totally rusty and you're not sure how old it is, then it's time for a new one. Some pumps will last for yearsothers will die after 6 months. Prices range from \$75 to \$400 depending on quality.

#2. Be sure to have someone check your home every couple of days while you are away. Family or trusted neighbours can usually deal with problems if they arise, leaving you to just pay the bill when you get home. Have them collect newspapers or mail in the door, or park a car in the driveway (*they will have to shovel the snow this way, ha!*).

#3. Save energy and lower your thermostats on your furnace and your water heater.

#4. Last but maybe most important—turn off the water to your house before you leave. You can also unplug water softeners and power vent water heaters so they don't run while you are on the beach soaking up all that sun. They can be easily reset when you get home. Nothing worse than having a great holiday ruined by a basement full of water.



1.	Cranberries	
2.	Chocolate	
3.	Gravy	
4.	Walnuts	
5.	Eggnog	
6.	Cookies	
7.	Pudding	
8.	Turkey	
9.	Stuffing	

10. Gingerbread



The Baden Outlook is a completely independent publication, not affiliated with any other printer, organization, individual or commercial enterprise.

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





Reflexology by Church Sole

Located at Affinity Health Clinic

519-662-2123

www.solesjourney.ca



May the magic of the season bless you and your family throughout the coming year.

Bring this coupon to your next Reflexology appointment for

\$10 off

Expires Feb 1st, 2016





www.affinityhealthclinic.ca

Naturopathic Medicine • Chiropractic Custom Orthotics • Acupuncture Holistic Nutrition • Midwifery Seminars/Classes • Massage Therapy

> 3 Waterloo Street New Hamburg, ON N3A 1S3

Tel: 519-662-2123 wecare@affinityhealthclinic.ca

Heart of the Matter

...with Donna & Rhonda

Everything needs a home - even your mementos!

Our recommendation is that everyone needs a place to keep your mementos. Every member of the family needs a bin of his/ her own. Mementos are the types of things that fly around our house because we don't have a place to keep them. What



about that note of encouragement from our neighbour? What about the "I love you" letter from our child? What about the special teddy bear that represents a very special time in our lives? We need a home for these things. We suggest a plastic bin with a lid, a container that can be kept in your closet or under your bed. This is a consistent place for you to put the treasures that you would like to hang on to. As parents, you can decide how large these "mementos" or treasure boxes will be. This will create a boundary-then you can decide how much stuff each person can keep. When the bin becomes full, it is time to empty it and evaluate what is inside and make decisions about what to keep and what to get rid of. We need to teach ourselves and our children that we cannot keep everything or else we will be buried. We need to bring in the new and fling out the old. We need to learn to make decisions about what means more to us and what our priorities are. Everything needs a home including our treasures. There is comfort in knowing that we each have our own treasures in a place that we can find them when we want them.

If you need assistance making some of those tough decisions, please feel free to contact us at www.heartofthematter.ca or call 866-214-6004.

In order to live a life of purpose



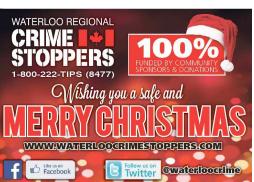
Volunteers Make a Difference

Crime Stoppers is not your typical charitable organization. There is no ultimate goal to achieve within a set amount of time, like building a school or a hospital, because crime itself is neverending. There is no cure for crime, and there is no accurate way to quantify the level of crime prevention that is the result of endless awareness programs undertaken by the Waterloo Regional Crime Stoppers. Only crime-solving is measurable. It is for this very reason that volunteering with the Waterloo Regional Crime Stoppers is so intrinsically rewarding: the positive contribution to the safety of our community is limitless.

When volunteers – whether they are Friends of Crime Stoppers or members of the all-volunteer Board of Directors—engage community members at an event, they are making a difference. The person who just learned they can call an anonymous tip hotline may be the key to solving a series of devastating burglaries or robberies. They make take a ruthless criminal off the streets, the streets their children play on: a criminal who may

break into their own house should he or she be left to roam free. It only takes one short conversation to prevent or solve a crime, or to even save a life.

by Diana Elkin



Give the gift of

engagement, of caring, and of safety this holiday season by joining the Waterloo Regional Crime Stoppers as a volunteer. Make a difference that transcends simple metrics.

For more information contact the Waterloo Regional Crime Stoppers at (519) 650-8500 Ext. 8765 or visit on the web at www.waterloocrimestoppers.ca

You Must Be Joking!!



More of those silly puns and one liners!!

- The thing about dwarfs and midgets is that they have very little in common.
- Have you heard about the magic tractor? It turned into a field!
- To the guy who invented zero: Thanks for nothing!
- I used to be a banker, but over time I lost interest.
- I was thinking about getting a brain transplant, but then I changed my mind.
- I can't understand why people are so bothered about me not knowing what the word "apocalypse" means. It's not like it's the end of the world!
- Why can't a bike stand on its own? It's two-tired!
- Did you hear about the man who lost his entire left side in an accident? He's all right now.
- I couldn't work out how to fasten my seat belt for ages. But then one day, it just clicked.
- My first job was at a calendar factory. I can't believe they fired me. All I did was take a day off!
- I was going to tell my pizza joke but I think it's a bit too cheesy.

Submitted by Robert Price



Christmas at Castle Kilbride

It is the most wonderful time of the year to visit Castle Kilbride!

Warm your holiday spirits and visit historic Castle Kilbride. A tour



through Wilmot Township's National Historic site is truly a magical time. The table is set, the trees are trimmed, and the warmth and charm will kindle your holiday spirit. Visit Castle Kilbride, the home of James Livingston, "Canada's Flax Mill King."

From now until January 3, Castle Kilbride is fully decorated in Victorian Christmas splendour. Each room throughout the 1877 Victorian mansion sparkles with themed trees and festive decorating. The Castle showcases traditional decorating based on Scottish, German and Victorian influences. Did you know, when decorating the Christmas tree, it was a tradition for the parents to hide a pickle amongst the branches? The first child to find the Christmas pickle ornament would receive an extra gift. A pickle used as an ornament on the Christmas tree seems odd at first, but this is an old German custom. This is just one of many traditions to be re-discovered here at Castle Kilbride.

When we celebrate Christmas with family and friends, we have the Victorians to thank for many of our joyful festivities and delightful customs. Step back in time and take in the sights and sounds of Christmas at Castle Kilbride.



Bringing People and Gardening Together

By Marlene Knezevich, Director, WHS



Poinsettias are one of the most popular plants given and enjoyed over the Christmas season. Poinsettias, natives of Mexico and Central America, were brought to the United States in 1825 by the first U.S. minister to Mexico, Joel Robb Poinsett—botanist and physician—for whom the plant is named. Poinsettia (*Euphorbia pulcherrima*) is part of the spurge family and is a perennial shrub that will grow 10 (3m) -15 (4.5m) feet tall. The coloured bracts, which are traditionally bright red, but can be cream, pink, white, or marbled, are actually leaves. In the centre of the coloured leaves is the flower. To get the

coloured leaves (a biological process called photoperiodism), the Poinsettia needs 12 hours of darkness for five days and then bright daylight. There are more than 100 varieties of poinsettia. The Ecke family of California had a Poinsettia monopoly from 1923 to the 1990s. They had mastered the technique of making the naturally leggy plant more attractive but did not share the technique. In 1991, a researcher discovered the method and shared the information. The Ecke family is still in business, but many others are now growing the plant.

Poinsettia is not poisonous, but if children and pets eat a lot they could be sick from the milky sap (leaves of any plant can be a choking hazard for young children). The Aztecs used the Poinsettia bracts to make a reddish purple dye for fabrics, and used the sap medicinally to control fevers.



For tips on buying and care for the poinsettia, go to <u>http://landscapeontario.com/home-care-tips-for-your-poinsettia</u> and/or <u>http://extension.illinois.edu/poinsettia/facts.cfm</u>

Shoulda, Coulda, or Might-Get-To- List

for December/January

- ⇒ Order seed catalogues or look online at the websites.
- ⇒ Do your tropical plants need repotting? Are roots growing into the surface of the soil and through the

drainage holes in the bottom of the pot? If so, it is time to up-size one pot size. A 10 (25.4cm) inch pot [measured as the diameter of the mouth of the pot] should be moved up to a 12 (30.5cm) inch, for instance. Use quality soil, pull away the excess soil around the plant roots, and cut back up to 1/3 of the existing roots. Pack down the soil into the inside wall of the pot using a small ruler, paint stir stick, or old spoon to get the air pockets out. Water well and place your plant in a well-lit room, in the brightest window in the room. Watering well does not mean drowning. Often plants die of "too much love." Leaf drop is okay, just pull back on the frequency of watering and be patient.

Wilmot Horticultural Society's first meeting in 2016 is at 7:30 pm, on January 11th. After a short AGM, we have **Roger Suffling**, an ecologist, environmental planner and adjunct professor at U of W, presenting "**Australian Flowers."** What a great way to brighten up a winter's evening and to start the 2016 WHS season.

DENTISTRY



Dr. Tyler Zimmer

Unit 3 – 10 Waterloo Street, New Hamburg Tel. 519-662-3510 www.zimmerdentistry.ca Join us at Wilmot Recreation Centre, upstairs in Meeting Room A. The free meeting concludes with a 50/50 draw (bring your loonie or toonie), door prizes and tea/coffee with snacks. Membership is \$12 per person and one of the many benefits of a membership is a 10% discount at the local nurseries and some other vendors.

Keep your fingernails and knees dirty! <u>www.gardenontario.org/site.php/wilmot</u> email: wilmothortsociety@gmail.com

St. Agatha Clothing Outlet

1651 Erb Street, St. Agatha, Ont. NOB 2L0 519-746-9969 ~ Betty & Dave Winkler

Retail & Wholesale Sales



MERRY CHRISTMAS AND A VERY HAPPY AND HEALTHY NEW YEAR! Blessings ~ Dave & Betty & Emmy too!

There is new stock coming in before Christmas for your last minute gifts.



Christmas Hours: Open everyday from Dec. 16th - 24th Monday - Thursday 10 - 4, Friday 10-6 Saturday 9 - 5, Sunday 12 - 4

We will be closed on the 25th until Sunday the 27th.

We will be open Dec. 28th -31th Closed Jan 1st—Open Jan 2nd as normal.

JANUARY 2ND - 31 CHECK US OUT FOR SOME AMAZING CLEAR OUTS!





Jim and Laurie Arkell

75 HURON STREET, NEW HAMBURG, ONTARIO N3A 1K1

> PHONE: (519) 662-2640 FAX: (519) 662-4170

Revealing the Treasures from the Wilmot Heritage Fire Brigades

Last month we featured the "fire bell" which sat on top of Baden's first two fire stations. Before Baden had the use of the fire bell and hand pumper, citizens alerted themselves and were required by law in some places to own a red fire bucket. This bucket had a round bottom, which meant that it could not be used for anything else but the bucket brigade. Once a local water source was found (wells, pond, or stream) a line would be formed where buckets would be passed hand to hand from the water source to the fire. Hence the name "bucket brigade."







251 B (Back) Huron Street, New Hamburg

Evening appointments—New Patients Welcome 519-662-3340

Contact Lenses & Laser Consultations www.eyecareforlife.optometry.net

Progressive care that can enhance your quality of life.

With the upgrades in the fire fighting techniques the buckets became dispensable. Most bucket owners hammered the bottoms flat so they could be used for other uses, which made the original bucket a rarity.

The Wilmot Heritage Fire Brigades Museum is open every Wednesday evening from 6:30 to 8:30 p.m. and they are located behind the Baden Fire Station. Admission is free, but donations are gratefully accepted.

HöllisWealth.



- \Rightarrow Investment and cash flow planning
- \Rightarrow Risk Management and Estate Planning
- \Rightarrow Retirement Planning
- \Rightarrow Tax Planning

What's in your Personal Action Plan?

KLT Wealth Management · 148 Peel Street Unit 1B, New Hamburg · 519-662-4001 · www.knowliketrust.ca

HollisWealth is a trade name of HollisWealth Advisory Services Inc. Mutual Fund products are provided through HollisWealth Advisory Services Inc. TM Trademark of The Bank of Nova Scotia, used under license.