



*Keeping the  
Community  
Connected!*



# Baden Outlook

*Serving the GBA with 2900 Copies in Circulation*



## Wilmot Wolverines Atom LL Win Contest and Get a Celebrity Coach for a Day!

Last fall the Atom LL team took part in the "Shutout Hunger" food drive contest. They worked together and collected "a ton" of food and money for the local food banks. They raised 2,121 lbs of food in November to WIN the competition for the "out of town" areas.



*Proud to display the  
2,121 lbs of food  
collected from their  
hard work!*



Congratulations to our Atom LL team.  
 Their prize—Kitchener Rangers Head Coach, Troy Smith, ran a practice with the girls on February 7th.

Submitted by Rob Waechter, Wilmot Wolverines Atom Girls LL Coach



**This paper is priceless - Please have one!**

# Talking with Ed

## ~ UPS AND DOWNS



I pulled into a gas station in Kitchener to fuel up my vehicle and was delighted to see the price of gasoline down to 84.5 cents a litre – the cheapest I have seen in recent memory. At 84.5 cents I believe I am saving about twenty dollars per each fill up, which is about every one and a half weeks – I like it!

I then noticed, posted on the side of the gas pump, a breakdown of the taxes that we pay for a litre of gas. Federal, provincial, and HST taxes total approximately 37 cents per litre. Wow! Take away the tax portion and we should be paying 47.5 cents a litre for the fuel.

While paying for the gas at the kiosk, I mentioned this to the attendant and we got into a conversation about the world price of oil. He explained to me that oil is sold in the world market by the barrel and each barrel contains 200 litres of oil. The price per barrel has dropped from \$107 to roughly \$48 to \$45 (depending on whether you are talking West Texas or Brent Crude) in a very short time.

At a price of \$45, a barrel divided by 200 litres works out to 24.5 cents a litre. There are many groups that have to make money on that 47.5 cents such as owners and drillers of the drill site, delivery to a refinery, refining costs, delivery to the gas station, individual gas stations, and of course the gas companies themselves. It is bizarre that gas, which I realize is a commodity much like gold and other minerals, can fluctuate that much.



All of this information gets me wondering. As a commodity, gasoline is tremendously important to the economies of all nations (just look at what it is doing to the Canadian economy and Canadian dollar). Should all the countries in the world get together and try to set a fixed price on the all-important product?

If the barrel price of oil has dropped more than half (\$125 to \$48), shouldn't the price at the pumps drop in half as well? Instead the pump price has dropped from about \$1.20 to 85 cents.

Experts are predicting that the price of a barrel will stay down for quite an extended amount of time. Most businesses count on transportation as a major cost of their operations. At what point will we see the price of goods drop? Airlines are an obvious group that should show a difference in price. Supermarkets are another industry that have massive fuel costs built into their operations. This includes delivery of products such as fresh fruits and vegetables from southern U. S. states, but they also pay for products in U.S. dollars which has dramatic affect in the cost.

I do not profess to be an economics major, but I am pointing out some questions that you might be pondering as well.

Until next month...Ed.

## EXTRA EXTRA!!

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 ~  
Please Have One!*



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# Greetings from ~ Outlook Headquarters

Yahoo to Wiarton Willie, the Great Albino Groundhog, who predicts that spring will arrive early this year! Willie is celebrating his 59th annual wake-up call to determine the future of the winter weather... with a success rate of about 60 per cent, I officially declare him my hero ...bring it on, Willy!



Speaking of furry creatures, I had a visit from a beautiful fox, midday on February 1st. He paraded himself up the sidewalk and turned right into our driveway and proceeded to the front porch. I quickly grabbed my camera and went to the window, which was too dirty to see through, so I opened the door hoping to get a good photo of him. He was too bashful and quickly fled, but when he got to the end of the driveway he turned around and stared at me before walking back down the sidewalk. There were a few cars that pulled over to watch as well. I wonder how that would have gone down had our dog Jack been out on the porch. He's not aggressive at all, but when anything gets cornered, unpredictable things can happen. As our yard is buried in deep snow right now, Jack is happier indoors with me.

February is heart month, featuring both Valentine's Day and the Heart and Stroke Campaign. We have some history of the H & S Foundation and how you can help, along with a local success story to share with you on page 10. (Please give generously when they come to your door—they do great things!) Also you will learn some trivia about the power of a hug. It's cold out there, so along with Valentine's Day, give hugs freely! They cost nothing and will warm you both inside and out!





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Hugging is good medicine. It transfers energy and gives an emotional lift. You need four hugs per day for survival, eight for maintenance and twelve for growth. Hugging is a great form of communication because it can say things you don't always have the words for. The nicest thing about a hug is that you can't give one without getting one!



# Baden ~ Our Town

The Baden Community Association will be at the Wilmot Recreation Centre on February 16th for some fun on Family Day! There will be free skating from 12:30 to 2:15 and free swimming from 1 to 4 (the BCA has purchased an hour to extend the free time provided by the township). We invite folks to come upstairs to the community room to enjoy free drinks and snacks as they mingle with their neighbours and friends from 1 to 4 p.m.

The fundraising for the Foundry Street Parkette has been going very well. Pete and Vicki Wilhelm of PW Concrete and Season's Grande have increased their donation of \$500 to \$2,000 by giving the BCA a fantastic rate on the pathway that they had installed. Thank you Pete and Vicki for being so community minded and doing a quality job on the pathway!

The Baden & District Chamber of Commerce has also been generous with a big donation of \$5,000 to the park and bridge project! Thank you to the Chamber of Commerce for your generosity and staying involved in the community! There have also been more "Buy a Plank" sponsors this month who are helping with the project—the names are listed to the right. Thanks to all of you! We are still asking for donations to enhance the project!

Watch for details of our community cleanup day in April—a lot of garbage pops up once the snow disappears and many hands lighten the load, so please join us!



*The vision is soon to be a reality—We are getting there!*



Here's the latest list of donors.

- ♦ BCA - \$4000
- ♦ Region of Waterloo - \$3000
- ♦ Mike Schout - \$2,500
- ♦ Baden Outlook - \$500
- ♦ PW Concrete - \$2000
- ♦ Baden & District Chamber of Commerce—\$5000

*Buy A Plank Donors x \$30*

- ♦ George & Elaine Schertzer
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- ♦ Shane & Cailyn (Alischer)Bowman
- ♦ Shirley Honderich
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- ♦ Eddy Livingston
- ♦ Mike & Fiona Haggerty
- ♦ Kevin Haggerty & Carleen Haggerty
- ♦ Liz Livingston (Riehl)
- ♦ Doris Duncan
- ♦ Jon & Jen Lambert
- ♦ Along with 2 anonymous donators

## Food and Craft Vendors!

*Applications are now being accepted for the 2015*



## Baden Corn Festival

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**Mark Your Calendars:  
Festival Day is  
Saturday August 8!**

**Hey Baden!**

Help us build and beautify your NEW Foundry Street Parkette!



## BUY A PLANK ...



## BUILD A BRIDGE!

*Help us reach our \$16,000 goal:  
It takes 112 planks to rebuild the bridge: each plank costs \$30.*

*Donations accepted (cash or cheque) at the **Baden Eyecare Centre** in the Village Plaza next to Tim Hortons.  
For more info call 519-634-8916*



## Ask Armand ~

**Bob from Baden asks:** EJ's (Baden Hotel) is a popular eating and meeting place—did Baden ever have any other taverns?

**Armand says:** Good question, Bob. Yes, indeed—Baden once had four taverns. Gables Tavern was located at the present day Coachman's Lane complex on Snyder's Road East. This hotel

burned to the ground in the early 1900s and eventually became the Baden Cheese Factory. Across the road from Gables was another hotel owned by Alfred Kaufman. The Baden Hotel

(EJ's) was built in 1874 and is one of the longest running establishments in the region. The Maple Leaf Hotel was also on Snyder's Road across from the Baden Auto Spa and at the top of Brewery Street. It was built in approximately 1885 by Charles Witte and was also an active place. It was operated by many owners as a tavern until the late 1980s. It is currently an apartment complex.



Photo courtesy of Ray Gingerich



## You Must Be Joking!!



### Price of Gas in France

A thief in Paris planned to steal some paintings from the Louvre. After careful planning, he got past security, stole the paintings, and made it safely to his van.

However, he was captured only two blocks away when his van ran out of gas.

When asked how he could mastermind such a crime and then make such an obvious error, he replied, "Monsieur, that is the reason I stole the paintings.



I had no **Monet**

To buy **Degas**



To make the **Van Gogh**.

So you see I had **De Gaulle** to do this to put gas in my car!



And because I figured I had nothing **Toulouse!**"


Submitted by Robert Price



## BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

### DID YOU KNOW?

 If you can see outside, then there are UV rays out, too. Remember to wear your sunglasses any time of the year to protect against eye cancers, cataracts, and macular degeneration!



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## You Must Be Joking!!



### Sleeping with BOB

The guys were all at a deer camp. No one wanted to room with Bob, because he snored so badly. They decided it wasn't fair to make one of them stay with him the whole time, so they voted to take turns.

The first guy slept with Bob and came to breakfast the next morning with his hair a mess and his eyes all bloodshot. They said, "Man, what happened to you?" He said, "Bob snored so loudly, I just sat up and watched him all night."

The next night it was a different guy's turn. In the morning, same thing, hair all standing up, eyes all bloodshot. They said, "Man, what happened to you? You look awful!" He said, "Man, that Bob shakes the roof with his snoring. I watched him all night."

The third night was Fred's turn. Fred was a tanned, older cowboy, a man's man. The next morning he came to breakfast bright-eyed and bushy-tailed. "Good morning!" he said. They couldn't believe it. They said, "Man, what happened?"

He said, "Well, we got ready for bed. I went and tucked Bob into bed, patted him on the butt, and kissed him good night. Bob sat up and watched me all night."

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# Checking Out the Baden Branch Library



## Come Read With Me Family Storytime!

Our special Come Read with Me Family Storytime continues on Tuesday evenings from 6:30 - 7:15 p.m. until March 3. This program is recommended for children 3 to 7 years old with their parents or caregivers. Read, play games, make a craft, and learn about literacy in fun ways! Drop in. It's free!

## Forest of Reading

The Forest of Reading program celebrates books by Canadian authors and illustrators and encourages a love of reading. Each year 10 new books are chosen for each program by librarians and teachers. More than 250,000 children and adults across Canada get involved annually. Anyone can participate through their local public or school library.

Forest of Reading Books are available at all Region of Waterloo Library branches - Blue Spruce, Silver Birch, Red Maple, White Pine, Le Prix Tamarac and Le Prix Peuplier. Check out the library website to see the 2015 nominees for each specific list. Use the library catalogue to place holds on books you need or ask library staff for more assistance.

## March Break Entertainers

The **Baden Branch Library** will host **Mystic Drums** on Thursday, March 19 at 3 p.m. Contact the branch or visit [www.rwlibrary.ca](http://www.rwlibrary.ca) for more information about this interactive drumming event. Recommended for ages 5 and up.

The **New Hamburg Branch Library** (519-662-1112) will be hosting **Puppets Elora** on Tuesday, March 17 at 10:30 a.m. This program is a back-to-back presentation of two plays: *Stone Soup* and *The Frog Prince*. Recommended for all ages. Visit [www.rwlibrary.ca](http://www.rwlibrary.ca) for information about all March Break programs being offered in our library branches.

Ticket prices for all shows are \$3 each or two for \$5.

EVERYONE who attends must have a ticket (this includes small children and adults, 1 person = 1 ticket). Get your tickets early – space is limited at all programs.

## March Break Movie Afternoon

Looking for something fun to do on March Break? Join us on March 18 at 2:30 p.m. to watch the movie *Alexander and the Terrible, Horrible, No Good, Very Bad Day*.

Tickets are \$1 each and include popcorn and a drink. Everyone must have a ticket. Children under 5 years old must be accompanied by an adult. Children 9 and under must have a parent/caregiver (12 years or older) remain in the library during the movie. Space is limited so get your tickets early.

## Spring Storytime

It's almost time to register for the library's Spring Children's Programs! Programs (unless otherwise noted) begin the week of April 6 and run for eight weeks. Please note we now offer online registration for all programs. The library will no longer accept email registrations. Contact any library branch for help.

Children are welcome to register for programs at any library branch. Library programs are free and require advanced registration (unless otherwise indicated). Space is limited. More information is available on our website.

## Registration Dates:

**March 10: Registration for children new to a program begins. Register by phone or in-person at the library.**

**March 11: Registration for returning children begins. Register online, by phone or in-person.**

## Baby & Me – for parents and babies 0 to 11 months

Thursdays: 11 - 11:30 a.m.

Stories, songs, rhymes, and sensory activities!

## Wonderful Ones – for parents and 1 year olds

Thursdays: 10:15-10:45 a.m.

Stories, songs, rhymes, and activities!

## Toddler Tales – for parents and 2 year olds

Tuesdays: 10:15-10:45 a.m. **OR** 11:00-11:45 a.m.

Stories, songs, rhymes, and activities!

## Storytime - for children ages 3 to 5

Tuesday **OR** Thursday mornings: 9:15-10 a.m.

Stories, songs, games, and crafts!

## Best Sellers

Want to read the latest in-demand books? Check out our website for links to popular bestseller lists including the New York Times, Globe and Mail, Macleans, and Oprah's Book Club.

Questions? Contact the library at:

519-634-8933, [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) or visit [www.rwlibrary.ca](http://www.rwlibrary.ca)

*Chris Baechler, Assistant Supervisor*

*Baden Branch —Region of Waterloo Library*



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## You Must Be Joking!! Grave Humour

A tourist in Vienna is going through a graveyard and all of a sudden he hears music. No one is around, so he starts searching for the source.



He finally locates the origin and finds it is coming from a grave with a headstone that reads: "Ludwig van Beethoven, 1770- 1827". Then he realizes that the music is Beethoven's Ninth Symphony and it is being played backward!

Puzzled, he leaves the graveyard and persuades a friend to return with him.

By the time they arrive back at the grave, the music has changed. This time it is the Seventh Symphony, but like the previous piece, it is being played backwards. Curious, the men agree to consult a music scholar. When they return with the expert, the Fifth Symphony is playing, again backwards.

The expert notices that the symphonies are being played in the reverse order in which they were composed, the 9th, then the 7th, then the 5th.

By the next day the word has spread, and a crowd has gathered around the grave. They are all listening to the Second Symphony being played backward. Just then the graveyard's caretaker ambles up to the group. Someone in the group asks him if he has an explanation for the music.



"I would have thought it was obvious," the caretaker says. "He's decomposing."

Submitted by R. Price

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**Happy Valentine's Day!** This is the day that we set aside some time to let the people and pets in our lives know how much we love them. On this special day, we tend to indulge our sweet tooth with chocolate and other sweets. This is great for our human valentines, but not so great for our furry valentines.

Chocolate is toxic to dogs, but the seriousness depends on the amount and type of chocolate ingested. Chocolate is toxic because it contains theobromine. Theobromine is similar to caffeine. The amount of theobromine varies with the type of chocolate. The darker and more bitter the chocolate, the more dangerous it is to your pet. Cooking or baking chocolate and high quality dark chocolate contains much more theobromine than the more common milk chocolate. White chocolate contains very minimal theobromine.

Since theobromine is similar to caffeine, you can imagine the signs of toxicity as a person that has had too many espresso shots. For many dogs, the most common clinical signs are vomiting and diarrhea, increased thirst, panting or restlessness, excessive urination, a racing heart rate, muscle spasms (tremors), and occasionally seizures. If a high enough amount of theobromine has been ingested, it can be fatal. When in doubt, contact your veterinarian to see if a poisonous amount of chocolate was ingested. If so, you should have your pet examined immediately. The sooner the theobromine is removed from the body, the better your dog's prognosis.

If you are treated with chocolates on February 14<sup>th</sup>, please remember to keep it out of paw's reach.



*Happy Valentine's Day! ~ Dr. Rebecca Ricker*

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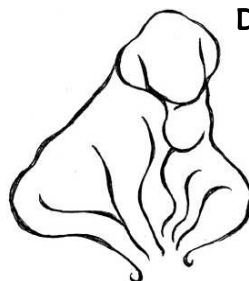
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We love our pets so don't  
make them the bad guys!



### ATTENTION

**Your Dog Did His Duty  
Please Do Yours**



**Clean Up  
After Your Pet**

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 in an appropriate place and remember – it is the law!

**Scoop Your**



**Pet's Poop**

Be Considerate. It's the Law.

## Lucas' Heart Journey

*His Story ~ Told by his Mother*

Lucas MacLaurin, a 12 year old grade seven student at Baden Public School, likes to forget that he was born with a "special heart." Most days this is easy to do as he actively participates in baseball, hockey, and practically all the physical activities other kids his age do.

However, this wasn't always the case. At four months of age, after months of parental concerns, Lucas was diagnosed with severe heart failure resulting from many congenital heart defects. These included *transposition of the great arteries*, *aortic stenosis* and the main one called *double inlet left ventricle*. In simple terms, he was born having only one working pumping chamber (ventricle) in his heart. He was missing his right ventricle, a condition often referred to as a "Single Ventricle" heart.



Lucas after his last surgery, age 5

With this condition, his heart could not be "fixed," but through a series of three open-heart surgeries, doctors at Toronto's Hospital for Sick Children were able to make his heart work effectively and ensure his survival. This was done through changing the anatomy of his heart to re-route the circulation of blood to enable it to function without the right ventricle. While he does not have normal blood circulation, his heart is able to better pump blood to his lungs and the rest of his body. To complete this gradual transformation, these high-risk surgeries took place at 5 months, 10 months, and the last one at 5 years of age.

The first five years of Lucas' life were quite difficult with his health being very fragile and uncertain. He required tube feedings, many medications, doctor appointments, and physical and occupational therapy support. He functioned at 70% oxygen saturation (normal is 100%), which meant he became winded from minimal physical exertion and his lips were usually blue. He could not keep up with his brothers. Amazingly, through it all he was always smiling.



Lucas (in the tree) with his brothers Ben and Grayson

Since his last surgery in 2007, Lucas has thrived and exceeded the expectations of his cardiologists! His oxygen saturations are close to normal at 95% or more. Once told that he would never be able to play sports like hockey, Lucas is now a proud Huskie. In fact, he is told he can participate in any physical activity he wants, just to gauge himself and rest when needed. The only noticeable difference between Lucas and his peers are his many well-earned scars. Today, he is only required to visit his cardiologist annually and the only medication he takes is a daily aspirin as a mild blood thinner.

Lucas' heart defect does not stop him from living the life he wants and deserves. Lucas' family and friends are extremely grateful for the medical research and expertise that has enabled Lucas and children like him to live life to the fullest. Thanks to this ongoing research, Lucas' heart journey continues!

## Volunteers with **HEART** ~ **CREATING MORE SURVIVORS!**

***We need help — Are you able to volunteer with door-to door canvassing in Baden?***

***Will you give a few hours of your time to support this valuable cause?***

*We have some routes that need to be filled, in your neighbourhood or elsewhere. We'd appreciate your help!*

*To learn more about what a volunteer does or how you can help, please contact Sandra Roth who is a team captain in Baden, and is also the grandmother of Lucas whose life was saved because of the Heart & Stroke Foundation.*

**519-634-8745**

Every seven minutes a Canadian life is lost to heart disease and stroke, but with the support of our amazing volunteers we can change this. Our volunteers help extend the lives of Canadians through their generous contributions of time, skill, and commitment. However, millions of us are still at risk and will be for generations to come. Whether it's time or money you're able to contribute, we invite you to experience the joy of giving by helping us in our vision: **healthy lives free of heart disease and stroke.**

**Together we will make it happen.**

Whether you find yourself face-to-face with donors, other volunteers or supporters in your community, you are making a significant difference. Your influence and your voice as a Heart and Stroke Foundation volunteer is empowering Canadians to make better lifestyle and health choices. I hope that this makes you feel more empowered too.

*Because of you, we are creating more survivors.*



## Heart and Stroke Foundation ~ Learn more about Heart Month

More than 60 years ago, a visionary group of Canadians, including physicians and researchers, established the National Heart Foundation of Canada with big hopes for the future. They had a dream: to put heart health on the public agenda, to empower researchers to turn the tide on heart disease, and to educate Canadians about their hearts. With the emergence of Ontario's Foundation in 1952 and British Columbia's three years later, a network soon began to develop across the country. In 1956, the Quebec and Saskatchewan Foundations were established. In 1961, the Foundation was renamed the Canadian Heart Foundation.

After decades of growth in influence and impact on the health of Canadians, the Heart and Stroke Foundation reached its latest milestone in 2011, when the national office and nine independent provincial bodies united to become one strong, national organization.

Today, the Heart and Stroke Foundation of Canada is at work in communities from coast to coast, with:

- 130,000 volunteers
- close to two million donors

Since 1956, the Foundation has raised and invested more than \$1.3 billion in leading-edge heart disease and stroke research. These impressive results have been made possible by the ongoing and valuable efforts of volunteers and donors across this country.

Today, the February Heart Month canvass is a national, community-based fundraising campaign. The success of this program depends on its 100,000 volunteers, who make friendly, personal requests to their neighbours and online networks.

Volunteers canvass for donations through the month of February, to support life-saving research and raise awareness of heart disease and stroke within their communities.

**Today, heart disease and stroke take one life every 7 minutes and 90% of Canadians have at least one risk factor.** Heart Month is the Heart and Stroke Foundation's key opportunity to reach millions of Canadians in February and alert them to the risks of heart disease and stroke. Volunteers are the face and the voice of the Heart and Stroke Foundation and Heart Month is a critical time when we depend on you to share our message.

**Our vision:** Healthy lives free of heart disease and stroke. Together we will make it happen.

### Our mission:

#### Prevent disease

- Give children and youth the best start for a long, healthy life
- Empower Canadians to live healthy lives

#### Save lives

- Enable faster, better cardiac emergency response, and treatment
- Enable faster, better stroke response, and treatment

#### Promote recovery

- Enhance support for survivors, families, and caregivers



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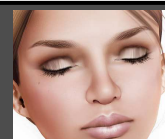
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# Barafu Challenge 2015

Together with Mom2Mom Africa, local moms Joanne Marchildon and Laura Bender will be embarking on an amazing journey into Africa and to the summit of Mount Kilimanjaro.

It was with great privilege and excitement that Joanne and Laura accepted the invitation to join Mom2Mom Africa in their travels to Tanzania. Mom2Mom Africa, a local Canadian not-for-profit organization, provides funding to build schools, support families, and provide quality education to children in Tanzania. It was the families and the children of the organization that provided the inspiration that led to Joanne and Laura challenging themselves to climb Mount Kilimanjaro while raising funds to support 'The Sustainability Project' for the Cheti schools located in Arusha, TZ.

Mount Kilimanjaro, located in Arusha, Tanzania, is Africa's highest mountain reaching a height of 5895m (19,341 feet). The climbing conditions reach the extremes, as they span from the hot humid temperatures of rainforest to the blistery winds and freezing temperatures of the glacier covered summit.

In addition to the extreme temperature fluctuations, the mountain also challenges its climbers to overcome high elevation and reduced oxygen levels as they ascend. The nutritional and physical preparation for the

climb is paramount to a safe and successful adventure. That has been a high priority over the last few months and will continue to be through the weeks leading up to the climb.

Joanne and Laura will be departing for Tanzania on April 29th and returning on May 12th. They will be climbing for 6 nights/7 days and spending an additional 4 days visiting the schools, families, and children in Arusha, TZ.

They have created a blog to share their goals on training, nutrition, gear requirements, and personal insights as they prepare in the weeks leading to their departure and ascent. It also includes information on their upcoming fundraising events.



Please join and support them on their journey to reach the summit.

Visit them at:

Blog: [www.barafuchallenge.weebly.com](http://www.barafuchallenge.weebly.com)

Facebook: <https://www.facebook.com/groups/Barafu/>

Twitter: <http://twitter.com/BarafuChallenge>

For more information **to donate** please go to:

<http://www.mom2momafrica.ca/barafu-challenge.html>



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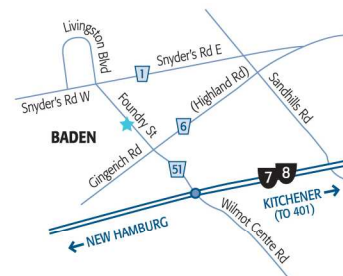


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## Surprise Visitor Gives Rachel "The Best Day of Her Life!"



On Tuesday, January 27th Tracy Ellig of Baden was pulling out of her driveway with her family when they noticed a little owl tucked inside their Christmas wreath hanging on the light by the garage. Her 9 year old daughter Rachel is the biggest owl fan! Imagine her surprise! She believes it to be an Eastern Screech Owl (based on all her prior owl research)! The chances of this little guy cuddling up at her house for the day are truly remarkable. Rachel called it "the best day of her life"!



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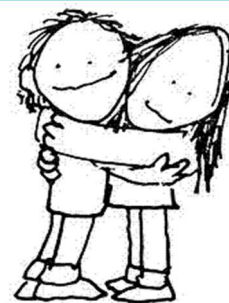
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## Baden Outlook Hockey Pool Stats

Adults Pool			Kids Pool		
Place	Name	PTS	Place	Name	PTS
1	Wayne Weicker	545	1	Aiden Kropf	538
2	Nick Pokorny	539	2	Noah Lichti	528
3	Rachel Gondosch	537	3	Nathan Boronka	525
4	Leanne Kropf	536	4	Elias Bizony	520
5	Steven Bechthold	535	5	Evan Bizony	519
6	Isaiah Ruby	532	6	Payton Egli	518
T7	Beth Martin	530	7	Dominik Struth	517
T7	Alf Crabbe	530	T8	Taylor Naumann	515
T7	Ashley Kunkel	530	T8	Jared Vandervelde	515
T7	Ellie Schmitt	530	10	Jaimie Usher	509
T7	EYEMCDN	530	T11	Hayden Jack	508
12	Phylis Sisco	528	T11	Josh Durrer	508
13	Sharon Horst	527	T13	Alyssa Gingerich	506
T14	Prince of Hidaway	526	T13	Jacob Durrer	506
T14	Josh Morrison	526	T15	Jakob Gingerich	505
T16	Nancy Wilson	525	T15	Cameron Langer	505
T16	Justin Williams	525	T15	Kaden Eichler	505
T18	Dick Dean	524	T15	Spencer Boshart	505
T18	Tim Wenn	524	19	Paige Naumann	504
T20	Brad Chard	523	T20	Meghan Mueller	501
T20	Tony Papa	523	T20	Ethan Lichti	501
T20	Robert Hadley	523	T22	Tyson Ruston	500
T23	Don Culbert	522	T22	Jordy Ertel	500
T23	Sue Struth	522	T24	Cooper Hill	498
T23	Earl Nickolas	522	T24	Sarah Miller	498
T23	Sheri Morrison	522	T26	Sheanne McGrath	497
T27	Greg Morrison	521	T26	Blake Boshart	497
T27	Dwight Gingrich	521	T28	Rowan Dibben	496
T27	Steve Roth	521	T28	Mitchell Wilhelm	496
T27	Kari Anne Jokic	521	30	Nolan Snook	494

**Congratulations to Wayne Weicker for taking the Adult Leader Prize for this month's Hockey Pool, winning a gift certificate from EJ's Baden Hotel.**

**The leader of the Kids Hockey Pool is Noah Lichti, winning a gift certificate from Riverside Lanes.**

*(Remember Aiden, you can only win the leader prize once!)*

**The lucky random draw winner is John Jokic winning a Baden Outlook coat.**

*Why do NHL players never sweat? They have too many fans!*

## 2015 Soccer REGISTRATION



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**Space is limited, REGISTER NOW!**

**Note: Registration Fees increase March 1**

*Q: Why don't hockey players drink tea?*

*A: Because the Canadiens and Red Wings have all the cups.*



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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 [www.badenoutlook.com](http://www.badenoutlook.com) 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!





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## "Play Co-Ed Slo-Pitch in Baden!"

It's winter. It's cold. Baseball fields lie in wait beneath the frozen tundra. What better time to let you know about B.A.L.L., the Baden Adult Local League?

2014 was the wildly successful inaugural summer for our league, which was started from scratch and made available to all adult players, regardless of skill or fitness level. The B.A.L.L. was able to field four very competitive teams made up of local men and women, playing exclusively in Petersburg. We umpired our own games, had lots of fun (on and off the field!), and considered the season a fine one.

Here are our exciting plans for 2015:

- B.A.L.L. will be playing the majority of its games at Sir Adam Beck Park in Baden this year! A big thanks to the Baden Minor Softball Association (BMSA) and a supportive Mayor, for helping us achieve our primary goal. It's important to note though, that due to planned expansion, a few games may still be played in Petersburg.
- The B.A.L.L. also plans to have umpires for the upcoming season to improve the quality of officiating and let the players...play!
- Due to strong interest within the community, B.A.L.L. plans to expand from four to as many as eight teams, so THERE IS ROOM FOR YOU! League organizers want to hear from teams, groups, couples and individuals - we'll find a place for you.

Also of great importance, B.A.L.L. intends to use a portion of the registration fees gathered to funnel back into the Baden Minor Softball Association.

What is the point of having a community initiative if you can't give back to the kids, right?

More information will follow as we get closer to the spring, but if you think you'd be interested in running or joining a team, please feel free to contact Lou or Greg at [ball@badenminorball.com](mailto:ball@badenminorball.com). See you on the diamond!



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It would seem that the big carnivorous birds continue to make a comeback in our area. I've written before about the hawks and eagles increasing in number; this winter it seems like many of them have hung around here. Some examples:

- \* The Waterloo Region Christmas Bird Count on December 22 saw many eagles along the Grand River in Cambridge. Until a few years ago the birds were considered rare and now they're often seen along the river and elsewhere.
- \* Elsewhere includes at the Wilmot Mennonite Church on January 13. There is no other large black bird with an all white head in our area. This one was in the trees on the north side of the road and came soaring at about 10 metres across the road going south.
- \* Same place – different day. On January 11 a rough-legged hawk was gliding across the fields south of the church. The rough-legged is not frequently seen in our area but one has been making its home near the sand hills along the 7/8 highway. It is possible to confuse the rough-legged with osprey (an eagle) as both have light underside wings with a black chevron at the wrist, the last bend in the wing. Ospreys have a mask-like bar running across their faces and through the eye which the Rough-legged lack. As well, the osprey tend to hold their wings in a bent shape suggesting an 'm'; the rough-legged, part of the buteo family of hawks, tends to hold them flat. According to the Cornell Lab of ornithology "the name "Rough-legged" Hawk refers to the feathered legs. The Rough-legged Hawk, the Ferruginous Hawk, and the Golden Eagle are the only American raptors to have legs feathered all the way to the toes."
- \* It's a bit early for red tailed hawks to be mating but I've



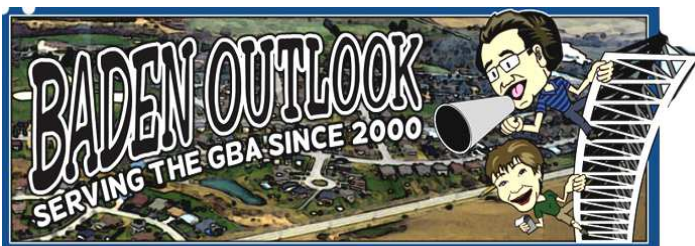
seen multiple hawks in the same tree a number of times in January. They are not social creatures and only hang out for about ten to twelve weeks around mating, nesting, and fledging the young. Then over a few hours they spread out again. I witnessed a young red tail a few years ago, sitting in a tree at the University of Waterloo crying piteously with two adults nearby. It had fledged and was the same size as its parents. The next day there was only one red tail on campus.

Compared to last winter this one is mild and perhaps this is the reason the hawks have stuck around – food supplies like small rodents and large birds are in good supply and visible against the white snow. But I have never seen this many in the winter. Their numbers must still be increasing.

Talking of increasing numbers, there are more and more crows around. Somewhere, the thousands of crows in the Waterloo region are finding food. There is a particularly large and noisy *murder of crows* at Waterloo Park, cawing all day and rattling at night. Yes, that's what you call a flock of crows – a *murder*. Makes one think of Hitchcock's *The Birds*.

When you see a couple of crows particularly upset and looking around, there will probably be a hawk nearby. The smaller crows dive-bomb the hawk, driving it out of their area. Mostly the hawks just go about their business knowing that the crow is no match for its talons. A red tailed hawk I've often watched in the Lincoln Heights area of Waterloo seems almost nonchalant about the crows buzzing around its head.

*Happy Winter birding!*



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## *You Must Be Joking!!*



After being married for 50 years, I took a careful look at my wife one day and said, "Forty years ago we had a cheap house, a junk car, slept on a sofa bed and watched a 10-inch black and white TV, but I got to sleep every night with a hot 23-year-old girl.

Now ... I have a \$950,000 home, a \$45,000 car, a nice big bed and a large screen TV, but I'm sleeping with a 73-year-old woman. It seems to me that you're not holding up your side of things."

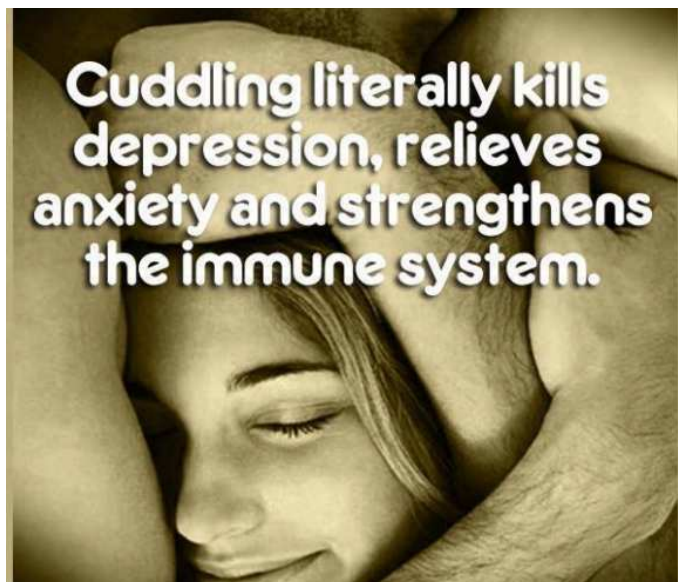
My wife is a very reasonable woman. She told me to go out and find a hot 23-year-old girl and she would make sure that I would once again be living in a cheap house, driving a junk car, sleeping on a sofa bed and watching a 10-inch black and white TV.

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Submitted by Robert Price



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## Improving the Health of our Community

### Controlling Anger before it Controls You

By Melodie O'Connell MSW RSW



Anger is a completely normal human emotion. However, when it gets out of control and turns destructive, it can cause problems both personally and professionally. Anger can be one of the most difficult emotions to manage. Many people will say that when they feel angry, they lose control and are not able to cope. It is important to be aware that anger is actually a secondary response. When it comes to managing anger, it may be helpful to identify the primary emotion that we are experiencing. Anger may be a result of frustration, hurt, or even fear. When we think about a child running onto the road, our response in this situation is the result of fear. This would be a normal expression of anger. However, some people struggle with managing anger.

There are many strategies that have been identified in order to help manage our anger.



- ♦ **Think before you speak** – When we sense that we are becoming angry, it is important to delay our reaction, or increase the amount of time between our reaction and our response. Sometimes a few deep breaths can have a positive impact on how we respond.
- ♦ **Get some exercise** – Sometimes our anger is expressed because we are tense and may be struggling with other stressors in our lives. Exercise has been proven to have a positive impact on our overall health and may prevent our stress from building.
- ♦ **Take a time-out** – It is okay for adults to have a time-out. When our anger gets the best of us, we often have difficulty articulating what we want / need to say. By taking a time-out, we may be able to identify what we are really feeling and be able to come up with the appropriate words that we want to articulate.
- ♦ **Know your triggers** - Quite often, if we look, we will be able to see patterns in our anger. For example, we may notice that our anger is more likely to erupt with our immediate family, or maybe when we are under stress. We may notice that our anger is expressed when we feel that we

have been wronged by someone else. When we can identify our triggers, we are better able to respond appropriately.

- ♦ **Practice forgiveness** – In the majority of situations, our anger may be triggered by someone else's actions or inactions towards us. We may believe that the hurt that they caused was intentional. One of the most difficult things to do is to practise forgiveness. Forgiving someone can be very empowering as it frees us from the control that someone else may have over us. It is also important to note that we can forgive, even if we believe that the other person is not deserving of our forgiveness.
- ♦ **Know when to get professional help** - For some individuals, learning how to manage anger is a very difficult task. We may have been raised in a family where angry outbursts were a normal part of everyday living. It may be difficult to break this pattern. If you have noticed that you feel that you are not able to manage your anger or that your anger has cost you in some way, it may be time to seek professional help. You can speak to your doctor, or look for help online. There are many courses for both men and women that are offered in the Waterloo Region.



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Friday: 6:30-9 p.m. Roller Skating

7:30-9:30 p.m. Coffee House showcasing local talent.

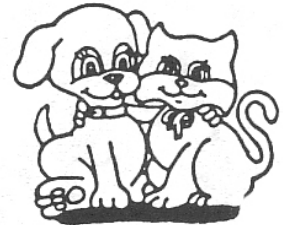
Saturday: 10 a.m.-1:30 p.m. Community Corner & Market

10 a.m.-1 p.m. Read Well Day

12-1:30 p.m. Community BBQ

12:30-2 p.m. Ice Skating

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### *You Must Be Joking!!*



*DILEMMA— 'OLD' IS WHEN....*

Your sweetie says, "Let's go upstairs  
and make love," and you answer,  
"Pick one; I can't do both!"

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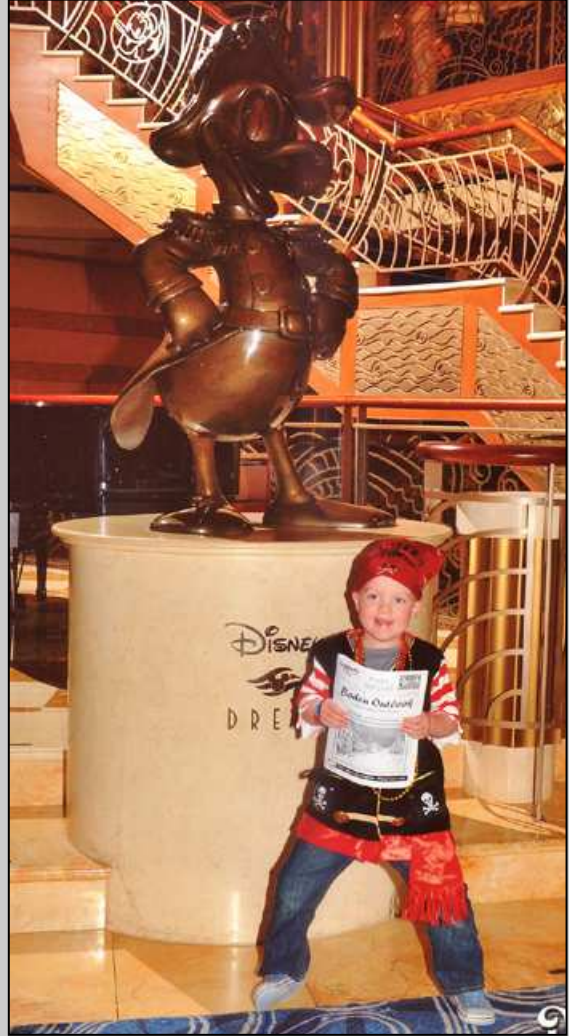
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*Wow! More exciting destinations as The Baden Outlook continues to travel ...  
...To Cartagena, Haiti, and a Disney Cruise to Bahamas*



Sean, Deanna, Braedyn & Ryland Carney with their Baden Outlook atop the wall of the walled city of Cartagena, Colombia.



Cole Beggs and his family took their Baden Outlook on a Walt Disney Cruise to the Bahamas. Cole dressed up like a pirate planning to take over the ship!



Alyssa Hendry, RMT (LiveWell Health & Wellness) took the Baden Outlook along with her to Labadee, Haiti.



## **New Hamburg Legion**

**Branch #532—Boullee Street, New Hamburg**

**Invites you to join us for ...**

**Express Lunch, Friday March 6  
\$6 advance \$7 door**

**Annual Washoo Tournament - Saturday March 7**

**St. Patrick Supper, March 21 - 6:00  
& White Elephant sale**





## Ed's Syllable Sillies

Using the assortment of syllables listed below, fill in the answers to the clues. The number of syllables used in the answer is in brackets and the number of dashes is the amount of letters in the answer. Each syllable may only be used once.

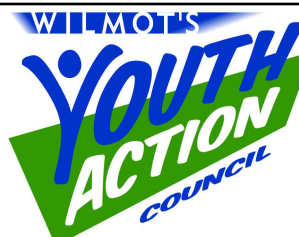
Here is an example:

Spring flower (3) \_ \_ \_ \_ \_  
(the answer is daff/o/dil)

a a al be ble ble da di e ea ent fa gat jo  
ket man mous nish o quar re ri ry sel ta tar ter  
tle to tum ty va vail vi

1. At hand—usable (4) \_ \_ \_ \_ \_
2. Good natured, jolly (3) \_ \_ \_ \_ \_
3. Dutiful (4) \_ \_ \_ \_ \_
4. To fall awkwardly (2) \_ \_ \_ \_ \_
5. An assortment of things (4) \_ \_ \_ \_ \_
6. A folding frame or tripod (2) \_ \_ \_ \_ \_
7. Well known (2) \_ \_ \_ \_ \_
8. A metal vessel for boiling (2) \_ \_ \_ \_ \_
9. Required by a command (4) \_ \_ \_ \_ \_
10. Twenty five cents (2) \_ \_ \_ \_ \_
11. A series of boat races (3) \_ \_ \_ \_ \_
12. To dim the lustre of (2) \_ \_ \_ \_ \_

Answers on are page 27



Wilmot's Youth Action Council has been very busy in the last month. We hosted the *No Lane No Gain* Bowling event on February 1<sup>st</sup> which saw a number of youth come and showcase their

bowling skills. It was an un-bowlievable afternoon of friendly competition and fun! We have an event on the 4<sup>th</sup> Saturday of the month, and a theme skate on a Sunday each month.

Check out our upcoming events :

- Saturday, February 14<sup>th</sup> 7-9:30 – Snowball Dance, grades 5-8, at the New Hamburg Community Centre, 251 Jacob Street. \$5 at the door.
- Sunday, February 15<sup>th</sup> 2:30-4:20pm – Sweetheart Public Skate, all ages, at the Wilmot Recreation Complex, 1291 Nafziger Road- \$3.
- Saturday March 14<sup>th</sup> 6:00pm – March Movie Mania, grade 6-8, at the Wilmot Recreation Complex, in the Optimist Youth Centre—FREE
- Sunday March 15<sup>th</sup> 2:30pm-4:20pm – St. Patrick's Day Public Skate, all ages, \$3 at the Wilmot Recreation Complex, 1291 Nafziger Road.
- Saturday March 21<sup>st</sup> – Details to come soon!

We are always looking for new members on both the Youth Action Council and the Jr. Youth Action Council. Contact [wilmotsyouthactioncouncil@gmail.com](mailto:wilmotsyouthactioncouncil@gmail.com) for more information.

We hope to see you out to these events!

Lacey Smith—Y.A.C. Facilitator



(519) 662-3150



Karen  
Weber  
Owner/  
Consultant



Traci  
Jutzi  
Consultant



Kristina  
Ziegler  
Consultant

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## Hairworks

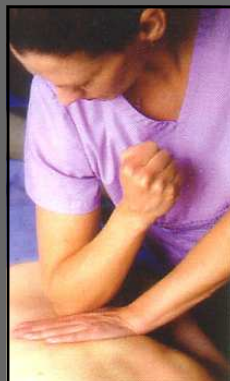
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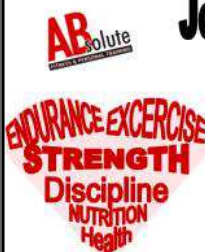
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*Don't you love it when you  
hug someone, and just when  
you're about to let go, they  
hug you even tighter!*

## "Get It Together" ...with Donna & Rhonda



Tired of making lunches every day?

We are half way through the school year and we are already tired of making lunches! We have five more LONG months to go. Do you need any suggestions? Our organized friend Jodie has come up with a "lunch making system" at her house. She always feels rushed in the morning and came up with a system to promote independence in her children and less stress for all.

Every Saturday she spends time preparing lunches for the week. She does a "bulk" prep of all the items she can do ahead of time for lunches. *Tip:* To be able to carry out Jodie's system you will need to purchase a lot of small reusable containers depending on the number of children/family members you have.

Jodie always buys the large containers of yogurt and apple sauce; she then portions them out into a week's worth of small containers. Next, she portions out food such as grapes, carrots, crackers, cheese, and any raw veggies. She stacks all the containers at the back of her fridge and each morning, her children help themselves and take the portioned containers they want for the day. It is eco-friendly because she avoids purchasing the individual yogurt and apple sauce cups. The containers are clear so that everyone can see the contents. It makes for a quick pack each morning and the children have some choice in their daily lunches. They supplement their lunch with a sandwich, pita, etc. that is made fresh each morning.

Tailor the system to meet your family's needs. It is worth a try!

Let us know how it goes, feel free to contact us at [www.heartofthematter.ca](http://www.heartofthematter.ca)

***In order . . . to live a life of purpose.***

## SHE'S BACK!

Sarah Scott, RMT is returning to  
LiveWell in March.  
Her hours are limited, so book now.



*"I'm eager to continue to provide Massage  
Therapy to the community I love." - Sarah*

Hugs are powerful...

They can be the comfort  
you need at the end of a  
long, frustrating day.  
The impetus to express  
your grief.

A display of complete happiness.

They can communicate, "I have missed  
you" as easily as, "You will be missed."  
They can mean the difference between  
feeling connected or isolated.

Between hope and despair.

Never underestimate the power of a hug or  
your ability to ground another person long  
enough for them to catch their breath, to see  
the possibilities they may have missed.

Hug often, Hug well!



## PREVENTING FALLS

By Dr. John A. Papa, DC, FCCP(OR)(C)



A fall causing serious injury can occur to anyone at any time. Since most trips, slips and falls happen in and around the home, it is a good idea to fall-proof your home with the following measures:



### In the Halls and on the Stairs

- Install non-slip strips on the edge of each step.
- Secure loose carpet. Make sure hallways and stairs are cleared of anything that you can trip over (i.e. books, shoes, bags).
- Replace burnt-out light bulbs so that you always see where you are going. Night-lights in halls and stairways can also be helpful.
- Install handrails on *both* sides of staircases inside and outside the home.

### In the Bathroom

- Use non-slip mats *inside* and *outside* the bathtub and shower.
- Install grab bars next to your toilet and in the tub or shower.

### In the Kitchen

- Put commonly used items on lower shelves and cabinets so a step-stool is not needed.
- Replace loose scatter mats with rugs that have a rubber backing.

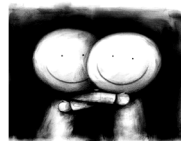
### Outdoors

- Keep a shovel and covered bucket of sand or salt near the doorway in winter to safely handle slippery conditions.
- Keep steps and pathways clear of clutter such as yard tools, snow shovels, newspapers and wet leaves.
- Don't juggle parcels while trying to enter the house. Never carry more than is reasonable. Instead, make a few trips from the car with smaller packages.

### More tips

- Quickly dry up any wet areas on the floor to prevent slipping.
- Wear shoes with good support and non-slip soles.
- Always sit down to put on or take off shoes and clothes.
- Employ extra caution when using ladders and step-stools.

### *Hugging...*



- \* *Eases tension*
- \* *Fights insomnia*
- \* *Keeps arm and shoulder muscles in condition*
- \* *Provides stretching if you are short and bending if you are tall*
- \* *Offers a wholesome alternative to promiscuity*
- \* *Offers a healthy, safe alternative to alcohol and drugs (better hugs than drugs!)*
- \* *Affirms physical being*
- \* *Is democratic, anyone is eligible for a hug*

- **Regular exercise** can help improve your strength, balance and coordination. Making your body stronger is one of the best ways to prevent falls. Exercises such as yoga, Tai Chi, resistance training, bicycle riding, and power walking are great examples.

### The following may be especially important for older individuals:

- Maintaining a **healthy diet** and not skipping meals can increase your energy and strength. Missing meals can lead to weakness, irritability and dizziness.
- Have your MD or pharmacist **review your medications**. Some medications can cause dizziness and weakness, which can affect your balance and perception. Make sure that your MD or pharmacist explains all of the possible side effects of your medications.

Although the risk of falling increases as you get older, there are some simple things people of all ages can do to prevent falls. In the event that you fall and suffer a muscle or joint injury that does not subside, you should contact a licensed health professional. For more information, visit [www.nhwc.ca](http://www.nhwc.ca). The author credits the Canadian Chiropractic Association (CCA) in the preparation of this educational information for use by its members and the public.

*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.*



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- LEAN

**Locally raised fresh pork weekly**

**Chicken--At Nith Valley Butcher and Deli we are proud to offer our customers a variety of fresh free range chicken product options, including whole roasting chickens, skinless boneless breast, thighs and wings.**

**Free Run Eggs--Free Run Eggs are produced by hens in open, cage-free environments roaming freely in an open concept barn.**

**Bright Cheese--Premium local quality cheese from local Ontario farmers since 1874**

**Custom Freezer Orders are available – Pork/Chicken/Beef combinations**

***We now carry:***

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- > BAKED GOODS from GUENTHERS BAKERY from Milverton
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*"Drop in on Monday's for some great discounted meat items"*

**Store Hours: Monday to Wednesday 9-5, Thurs-Friday 9-6, Saturday 9-3, Closed Sunday**

## Notice of Completion of Environmental Study Report

### Class Environmental Assessment for the Expansion of the New Hamburg Wastewater Treatment Plant

The Regional Municipality of Waterloo (Region) has completed a Class Environmental Assessment (Class EA) for the planned expansion of the New Hamburg Wastewater Treatment Plant (WWTP), which will provide additional capacity for servicing growth in the communities of New Hamburg and Baden in the Township of Wilmot.

This study was conducted in accordance with the requirements of **Schedule C** of the **Municipal Class Environmental Assessment**.

By this Notice, the Environmental Study Report (ESR) is being placed on the public record. The ESR will be available for public review from January 26, 2015 to February 26, 2015, inclusive, at the following locations:

- Clerk's Office, 2<sup>nd</sup> floor, Region of Waterloo, 150 Frederick Street, Kitchener ON, N2G 4J3
- Clerk's Office, Township of Wilmot, 60 Snyder's Road West, Baden ON, N3A 1A1
- <http://www.regionofwaterloo.ca/en/aboutTheEnvironment/MasterPlansandProjects.asp>

Interested persons may provide written comments to the Region's Project Manager:

Dave Arsenault, Senior Project Engineer  
7<sup>th</sup> Floor, Region of Waterloo, 150 Frederick Street, Kitchener ON, N2G 4J3  
[darsenault@regionofwaterloo.ca](mailto:darsenault@regionofwaterloo.ca)  
519-575-4757 x3682

If concerns regarding this project cannot be resolved through discussion with the Region, a person or party may request that the Ontario Minister of the Environment and Climate Change make an order (referred to as Part II Order) for the project to comply with Part II of the Environmental Assessment Act, which addresses individual environmental assessments. Request for a Part II Order must be received by the Minister no later than Thursday February 26, 2015. The request to the Minister must be copied to the Region's Project Manager. If no request is received, the Region intends to proceed with design of the WWTP expansion as outlined in the ESR.

Full details of this notice and contact information is available at the Region's Public Notices webpage at [www.regionofwaterloo.ca](http://www.regionofwaterloo.ca), Public Notices link at the top right of the homepage.

If you have any trouble viewing this information, or to obtain a full copy of any public notice, please contact the Regional Clerk's office at 519-575-4420 or email [regionalclerk@regionofwaterloo.ca](mailto:regionalclerk@regionofwaterloo.ca).





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**New Hamburg**

### Answers to Syllable Sillies—from page 21

- |              |              |
|--------------|--------------|
| 1. available | 7. famous    |
| 2. jovial    | 8. kettle    |
| 3. obedient  | 9. mandatory |
| 4. tumble    | 10. quarter  |
| 5. variety   | 11. regatta  |
| 6. easel     | 12. tarnish  |

## CPA Ontario RRSP Checklist

Registered Retired Savings Plans (RRSPs) help you save for retirement in the future, while giving you a tax break today. In the tips below, expert Chartered Professional Accountants discuss RRSP basics to help you get started on retirement planning.

RRSP CHECKLIST for the 2014 tax year.

- ◆ A social insurance number and earned income is needed to start an RRSP.
- ◆ Contribute to an RRSP by March 2, 2015. Why? To qualify as a 2014 deduction, contributions to your personal or spousal RRSPs must be made by this date.
- ◆ How much should you contribute? To determine your RRSP contribution limit for 2014, refer to your previous year's Notice of Assessment from the Canada Revenue Agency (CRA), or visit the CRA website at [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca).
- ◆ Note: For 2014, each taxpayer's annual contribution room is calculated as 18 per cent of their 2013 earned income, to a maximum of \$24,270, less any required pension adjustments.
- ◆ Determine what amount, if any, you have already contributed to your RRSP for 2014. You may have made contributions throughout the year, or have unused contribution room from previous years that you can use, up to your 2014 RRSP contribution limit.
- ◆ Remember to consider group RRSPs. You will receive a 2014 tax deduction for this amount as long as the contribution is made by the deadline.
- ◆ Watch the mail for your receipts. If you're filing a paper income tax return, you must attach receipts for all amounts contributed from March 4, 2014 to March 2, 2015 inclusive. This includes any amounts you are not deducting on your income tax and benefit return for 2014, and those you are designating as Home Buyers' Plan or Lifelong Learning Plan repayments.

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  - ◆ Investment/Tax Planning
  - ◆ Risk Management/Estate Planning
  - ◆ Cashflow Planning



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



### T.O.P.S (Take Off Pounds Sensibly)

We are a support group for weight loss  
Meetings are held on Tuesday evenings  
St. James Lutheran Church, 66 Mill Street, Baden  
Weigh-ins at 6:30 pm followed by a short meeting  
For more information call 519-634-5226  
Everyone Welcome

### Inviting Women of all ages to join us for *Women's Day*

March 28th, 9:30 am—3:30 pm  
Bethel Evangelical Church,  
1531 Bridge Street W., New Dundee

For more information or to register call Ruth 519-578-9876

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1-888-236-6283



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**Another Cool Move**

### WILMOT HORTICULTURAL SOCIETY

Monday, March 9 at Wilmot Recreation Complex  
1291 Nafziger Rd., Baden - Mtg Rm A at 7:30pm



**Topic:** Garden Photography  
**Speaker:** Laura Mills

Everyone is welcome to attend ....  
No Admission Charge

### Saturday Night at the Movies

*Wilmot Mennonite Church, 2995 Bleams Road*

**FAMILY NIGHT—February 21<sup>st</sup> at 7:00 p. m.**

**Featuring: "The Woodcarver"**

*Matthew Stevenson is a troubled kid from a broken home. When he vandalizes the local church to get back at his parents, he has to repair the damages to avoid criminal charges. While working at the church, he meets Ernest, an accomplished wood carver who created the intricate woodwork decorations.*

Free admission. Donations accepted to cover costs.  
Bring a snack for yourself - Drinks provided.

**Everyone Welcome!**

For further information call (519) 584-7089

### New in the Neighbourhood?

If you are new in the neighbourhood, call us to receive  
your gifts and learn about your community.

Local Representative:

Marlene Brenneman

Welcome Wagon Representative

519-591-5963

[marlene.brenneman@gmail.com](mailto:marlene.brenneman@gmail.com)



### Hidden Acres Grandparent & Grandchild Days March 16th or 17th, 2015

**HOPE** - Helping Others Participate thru Education

Our leaders for the day are Leigh & Lois Steckley.

The day will be filled with dramas, crafts and  
making school kits/knotting quilts for MCC.

The cost is \$17/person.

For more information or to RSVP:

Email - [info@hiddenacres.ca](mailto:info@hiddenacres.ca) Call - (519)625-8602

Hidden Acres Mennonite Camp  
1921 Line 37, New Hamburg  
[www.hiddenacres.ca](http://www.hiddenacres.ca)

*This space is generously donated by Erb Transport to support community events*



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## COMING EVENTS FOR WINTER 2015

### Bereavement Support Program

Support groups for those who have experienced the death of a loved one.

Starting dates: Adults Tuesday January 20th from 6:30 to 8:00 pm (8 weeks)

Children (5-9 years) Thursday February 5th from 6:00 to 7:00 pm (5 weeks)

Teens (10-16 years) Monday January 26th from 6:00 to 7:30 pm (5 weeks)

### Growth Through Marriage

This interactive and educational seminar is designed for couples planning for marriage or recently married. Friday March 27 6pm-9pm & Saturday March 28 2015 9am-4pm at Nith Valley Mennonite Church.

### Let's talk Mental Health

For individuals who have family members or friend facing a mental health challenge. Every third Wednesday from 6:30-8:00pm @ Connections Aldaview Building (233 Hamilton Road, New Hamburg). Dates: January 21, February 18, March 18, April 15, May 20 and June 17 of 2015.

### Smoking Cessation

4-6 week individual sessions. Skill based program that focuses on: learning more about your smoking habits – when, why and what happens when you smoke.

Developing new skills to help change the thoughts and actions that keep you smoking. Homework assignments to help you practice the skills in between sessions and learning other relaxation techniques.

### Fundraising Events:

\*Annual General Meeting: March 25th, 2015

\*Annual Silent Auction: Saturday April 25th, 2015

\*Ladies Night Out: Thursday June 11th, 2015

### Interfaith Community Counselling Centre

Please call to register at 519 662-3092

[www.interfaithcounselling.ca](http://www.interfaithcounselling.ca)

## EARLY YEARS PROGRAMMING WINTER 2015

**NEW! INFANT & PARENT DROP-IN:** A fun time for families of infants to play and connect with others. Thursday mornings, 10:00-11:30am at WFRC. Once a month a community guest will visit to discuss topics such as infant massage, speech development, early literacy, and more.

Starts January 8<sup>th</sup>.

**KIDS IN MOTION:** This drop-in program, geared to children walking to 4yrs old, is a great opportunity to have fun while developing gross motor skills. Every Monday, 9:30am-10:30am in the upstairs program room at Wilmot Recreation Complex.

**PARENT & CHILD DROP IN:** Drop-in is a time to come out and enjoy playing with your children (ages 0-6) while socializing with other parents and caregivers in your community. A great opportunity to play, meet new friends, and create a craft. Everyone welcome....no need to sign up just drop in! Visit our website for days and times

### CREATIVE TOTS:

This 8 week program will encourage self-expression, self-esteem, imagination, and creativity through art, songs, and books. For children 2-4yrs old and parent/caregiver. Thursdays, 9:30am-10:15am. Starts January 22nd. Location: Wellesley Community Centre.

Pre-registration required.

For more information about our programs and services call 519-662-2731 or visit our website

[www.wilmotfamilyresourcecentre.ca](http://www.wilmotfamilyresourcecentre.ca)



## You Must Be Joking!!



### The ABC's of Love

After being married for forty years, a wife asked her husband to describe her.

He looked at her for a while, then said: "You're an alphabet wife... A, B, C, D, E, F, G, H, I, J, K."

She asks: "What does that mean?"

He said: "Adorable, Beautiful, Cute, Delightful, Elegant, Foxy, Gorgeous and Hot".

She smiled happily and said: "Oh, that's so lovely, but what about L, J, K?"

He said: "I'm Just Kidding!"

The swelling in his eye is going down and the doctor is fairly optimistic about saving his man parts.



### He tried:

A man sees his wife is busy in the kitchen and says "Can I help?"

She says, "Sure, take this bag of potatoes, peel half of them and put them in a pot to boil."



No matter what men do, somehow they still get yelled at!

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Web: [waterloocrimestoppers.com](http://waterloocrimestoppers.com),  
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## Kids Art Camp

Join full time mixed media artist Cheryl Weber Good to explore creativity in a non-judgemental atmosphere.

The setting is relaxed and playful, not as a teacher and class, but as a group of artists. How do we get our inspiration? How do we move into our creative process? How do we get through frustrating spots as we invent our way? Cheryl loves to set the stage for art expression, watch as the brilliance flows, and support them as they develop their skills. This does not necessarily mean a perfect art piece at the end, but a joyful learning process.



There are only a few spaces so that the group is small. For March Break you can come on a day basis instead of signing up for the entire week as in the summer.

Sewing lessons at your convenience continue throughout the year.

Located one block south of the Rec Centre.  
contact [cheryl@writehand.ca](mailto:cheryl@writehand.ca) 519 634 5503

Mac's Variety, at the Village Square, ran a contest at their store in December, where customers fill out an entry form for a draw.



The lucky winner of the Monster Snowboard (valued at \$750) was Baden resident Dan Burgetz, seen with store manager Hardik Patel.

Local Churches Invite  
You to Join Them



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Come Worship  
with us 9:30 a.m.



Christian Formation: 11:00 a.m. Pastor Dave Rogalsky

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[www.wilmotmennonite.ca](http://www.wilmotmennonite.ca)

Please visit [www.badenoutlook.com](http://www.badenoutlook.com) for  
a directory of local churches.

Don't you love the  
kind of hugs where  
you can physically  
feel the sadness  
leaving your body?





## *Where every purchase is a gift to the world ...*

While dropping off a donation, or more importantly, making a purchase at the New Hamburg Thrift Centre, have you ever wondered where the proceeds go? The next time you are in, just take look at the beautiful photography posted around the perimeter of the shop which tells a powerful story.

But what exactly does MCC do? The Mennonite Central Committee (MCC) shares God's love and compassion for all in the name of Christ by responding to basic human needs and working for peace and justice. On a global scale, MCC sends people, food, and material goods to communities recovering from war and natural disasters. MCC also encourages and supports local churches and community groups in their efforts to provide food, health care, education, employment, and social services.

Locally, there are different fundraising events you can visit to learn about the work of MCC:

- Ontario Mennonite Relief Heifer Sale: since 1982, the Heifer Sale has raised over \$4.4 million to support the work of Mennonite Central Committee through the auctioning of heifers and other donated items.
- Elmira Meat Canning Fundraising Breakfast: You can enjoy a gourmet buffet breakfast and Keith Martin speaking on "A History of Meat Canning in Ontario"
- Meat Canning in Leamington and Elmira: Every year MCC's Mobile Meat Canner travels across the United States and Canada meeting volunteers who prepare cans of turkey, beef, chicken, and pork to be sent around the world.
- New Hamburg Mennonite Relief Sale Fundraising Dinner and Relief Sale is another way our local community raises money for MCC. This year's sale will be held May 29-30.
- Leamington Mennonite Community Festival: Enjoy a variety of ethnic and traditional foods, relax to the music of local musicians, and bid on extraordinary quilts and other works of art.
- Aylmer Relief Sale: This year is the 15th Annual MCC Charity Auction for Relief.
- Toronto Mennonite Festival: Food, fun, music, and quilts! Join us on September 20 and enjoy traditional Mennonite foods, crafts, games, music and quilt auction.

For details about days, locations and time visit <http://mcccanada.ca/get-involved/events>

Take some time to explore these unique events in person! Or learn more about Mennonite Central Committee at [www.mcc.org](http://www.mcc.org) or Ontario programs at [www.mcc.org/ontario](http://www.mcc.org/ontario). It could be a life changing experience!

**New Hamburg Thrift Centre**  
41 Heritage Drive  
New Hamburg  
tel: 519-662-2867  
[www.newhamburgthrift.com](http://www.newhamburgthrift.com)



Please note we are closed  
**Monday, Feb 16** for Family Day.

Stock up on books, board games, puzzles and craft supplies to plan some activities together!



All proceeds benefit  
the work of  
Mennonite Central  
Committee

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Please visit our website for additional information  
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## **Bear Hugs!**



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- \* Headache/migraine control (related to TMJ)





### Expanding Hope Campaign

Instilling hope in those facing overwhelming obstacles is the main focus of support provided when individuals in need find the strength and courage to walk through the doors of Interfaith Community Counselling Centre (ICCC). Imagine the impact of a *Wall of Hope*, with hundreds of names that speak to a shared vision of support and caring for those entering the counselling centre for the first time on their journey towards regaining strength for a better tomorrow. The *Expanding Hope Campaign* launched on February 1<sup>st</sup>, 2015 by ICCC is aiming to reduce stigma and instill, inspire and ignite hope that together, as a community, we can achieve greater emotional wellness. You can be a vital part of this exciting venture by collaborating with ICCC as they embark on a journey to expand their services, expand their space and most importantly...*Expand Hope* in our community.

ICCC is the only non-profit community counselling agency in Wilmot Township and has played an integral role in the promotion of positive mental health and wellness for more than 30 years. Access to services that promote positive mental health is essential in rural communities to foster the enhancement of individual, family and community wellness. ICCC is often the first point of contact for Wilmot residents to gain support and with more than a 50% growth in demand for services since 2010, additional counselling space to respond to this increase in need has been the primary focus of strategic planning for ICCC for the past few years.

An opportunity to take on additional rooms at their current location in New Hamburg has presented itself and will allow for the transformation of a large room at the main entrance of the building to a combined waiting room/administration office. The relocation of the current waiting room/administration office will allow for ICCC to redecorate and then double the rooms available for counselling. This will provide the individuals who utilize services with a more comfortable, more accessible and more welcoming environment that will enhance their journey to greater

emotional wellness. In opting to expand at their current location, ICCC is embracing the best feasible option for growth to empower the agency to continue to respond to increase demand for services and ensuring that administrative and operating costs remain manageable. Most importantly, ICCC's subsidized community counselling programs would not be compromised as a result of the expansion, as the increased overhead resulting will be minimal within the current location.

In order for ICCC to execute this inspiring transformation, additional funds need to be secured to support this one time renovation project, because revenue from counselling grants, annual fundraisers, donors and reserve funds are allocated to providing direct counselling service to the community and ensuring long term financial sustainability. Each year, approximately 88% of counselling at ICCC provided to the community is through counselling programs that are subsidized through grants and fundraising efforts.

On behalf of the individuals that ICCC serves, the ICCC Board of Directors and staff appeal to the broader community to engage in this inspiring campaign and help ignite their efforts for expansion by considering a donation to the *Expanding Hope Campaign* to achieve their fundraising goal of \$66,000. Contributions to this campaign, whether monetary or gift of time or service will be acknowledged on the *Wall of Hope, if the donor chooses*, and will be displayed in the soon to be renovated waiting room. For the more than 1000 individuals every year that enter ICCC's waiting room ready to face their obstacles, they will know that their community supports them in their journey.

For more information, or to make a financial contribution, or gift of time or service you are welcome to stop by our location at 23 Church Street in New Hamburg, check out our website [www.interfaithcounselling.ca](http://www.interfaithcounselling.ca) or call 519-662-3092. Please also consider attending our Annual General Meeting on March 25, 2015 at the Wilmot Recreation Complex to hear more about this exciting initiative and the unveiling of our new logo and website.

Together...we can instill hope in our community.



**Jim and Laurie Arkell**

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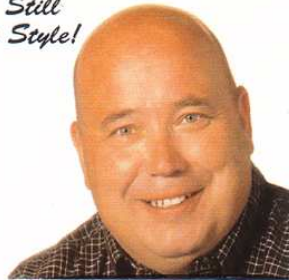


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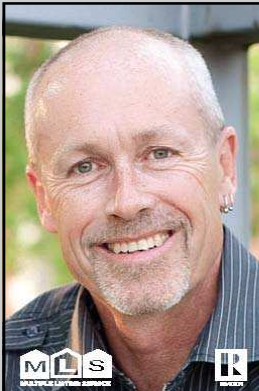


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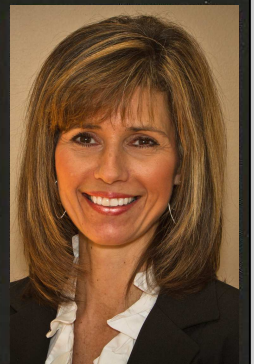


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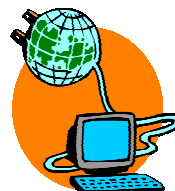
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 Community Connected"*



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## BACKPACKING WITH A PURPOSE

### Who am I?

My name is Tiffany Morin and I have lived in Baden my entire life. I have the fantastic opportunity to go abroad to volunteer, explore, and have an experience of a lifetime. I'm headed off to Peru this July for six weeks to do some backpacking and (hopefully!) make a positive impact. I'll be travelling with a group from Operation Groundswell.

### Why Operation Groundswell?

They do volunteering differently. Instead of simply going abroad and building schools every year in different communities, Operation Groundswell works with local non-governmental organizations (NGOs). They go to the same communities and collaborate with the local NGOs to determine their real needs. They have created partnerships with local charities, community leaders, and local governments over the years. They combine community service with an educational program that teach team members the context needed to understand local challenges before solving them.

### What am I doing to fundraise?

I will be opening an etsy shop and all the proceeds will go towards my fundraising. Items that will be available are handmade crochet hearts and cross stitch quotes, as well as handmade scarfs, among other things. If you are interested, my etsy shop is called TiMorinsCrafts. I will also be doing bake sales and exploring any other fundraising opportunities that arise.

### How will you be helping if you donate? Where does the money go?

I am trying to raise money towards my program fee as well as my community contribution. What's the difference you ask?

My program fee is \$1750. It will cover all lodging and accommodations throughout the program, meals and snacks, three local meals a day, local transportation and all group transportation on the ground.

The community contribution is a minimum of \$750. It will only go towards the projects that will be completed throughout my trip. It will go directly to support projects implemented by the local non-profits, charities, and communities that we are partnered with. In past years, people have constructed shelters around community water reservoirs, to keep the sun from contaminating the plastic and therefore the water. They have also built "Vigilance Centers" in small communities, to provide a place for new mothers to bring their young children.

### How to donate?

If you would like to donate towards my program fee, please visit <http://fundraising.operationgroundswell.com/tiffany-morin>

If you would like to donate towards the community contribution, please visit <http://www.gofundme.com/tiffanyperu>

### What does your support mean to me?

Any donation is greatly appreciated. I sincerely thank you for taking the time to read this article and for the Baden Outlook for allowing me to share my story. I will write another article in September to offer an update about how my trip went.



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