



FEBRUARY
2016

Baden Outlook



VOLUME 16, ISSUE 7



Feeling the love on this family vacation, as Ron Taves of Baden treated his 9 lucky siblings and their spouses to an all-inclusive trip to Playa del Carmen, Mexico. A few other friends and The Baden Outlook went along for the fun! Check out pages 20-21 to see where else the Outlook travelled.

Barry and Pat Fisher
178 Snyder's Road E.
Baden, ON N3A 2V6
Phone: 519-634-8916
Email: badenoutlook@hotmail.com
Web: www.badenoutlook.com



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.

©2016 The Baden Outlook



This paper is priceless - Please have one!

Talking with Ed ~



We recently came back from a holiday in Mexico with our good friends Tim and Kim. We had a terrific time with our two travel mates, taking in a magic show, a Japanese cooking experience, a tour of Playa Del Carmen, with lots of food and laughs.

During the trip down, I pondered how the cost of my trip was distributed throughout the travel package that put this trip together. Let's say that the trip cost \$1,000 excluding taxes. I have no idea of the true costs, but here is roughly what I assumed the breakdown would be: travel agent 10% - \$100; travel company 10% - \$100; airline 40% - \$400; so that would leave 40% - \$400 for the resort. I wondered how in the world a resort could make money on \$400 to feed, sleep, and entertain one person for one week.



The resort was expansive, well manicured, and very clean. The food was great. The pool was cold (but clean and refreshing), but it was something to look up and see the palm trees blowing in the wind, the gorgeous foliage and the surf rolling in—a true paradise! Peacocks and Coati roamed the resort freely, and parrots, swans, flamingos and turtles had their own setting. The lobby bar was there to play games, hear entertainment, and people watch. Each night at the outdoor theatre there was some form of entertainment, whether it



be musical, a Mexican show, or an illusionist dazzling the crowd with his magic.

We had the group meeting with our travel rep the first morning and during the presentation, she suggested that we tip the maids daily. She explained that they work eight hours a day, six days a week, making a mere six dollars a day. A quick calculation reveals that they make 75 cents an hour with no benefits!

It became somewhat of a bittersweet vacation knowing that I was there enjoying life to the fullest while the plethora of employees were serving me at such a minimum salary. At least the maids, wait staff, and bartenders had the opportunity to make tips which would help with their earnings, but what about the hundreds of other employees? Workers were in every corner—gardeners, beach groomers, cooks, dishwashers, administrators, building maintenance and utility workers—some at work before the crack of dawn. The young entertainment staff (animation team) work from sun-up to sun-down, interacting and keeping on their game face all day long, beginning with early exercises, pool games, and socializing until the evening show ends. They remain upbeat and pleasant to everyone despite the heat or their own personal energy levels.

I guess the one consolation was that they might not be working at all if it wasn't for the tourist industry, which keeps the country in motion. Another is that even with a small wage they seemed very happy and content with their lives—something that we take for granted with all of our wonderful opportunities and easy lifestyle.

Time to start saving up for the next adventure. 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!*



Greetings from ~ Outlook Headquarters

February!! It's Heart Month! Yes, and also only six weeks till spring...although Wiarton Willie saw his shadow and went back in his hole to prepare for a bit more winter. I believe we fared quite well thus far; one more good blast of snow, and we could call it a wrap. Bring on the sunshine! We were recently in Mexico; there was no time



change, so sitting out having coffee on our balcony at 7 am watching the sun come up reminded me of sitting on the deck at the trailer watching the park come to life... it won't be long! Until then we must take the weather as it comes—like Wiarton Willie, it has a mind of its own.

Speaking of Heart Month, please show some kindness to the canvassers when they come to your door; they are your neighbour and not a boogiemán. They aren't asking for the moon, just a couple of bucks that do not go into their pocket; it goes to support the Heart and Stroke Foundation, and one day perhaps, you! If you "give at the office" or choose not to donate please use your friendly faces and no door slamming. These people volunteer their time and are doing a good thing...perhaps thank them!

I must apologize to those who complained that there was no "Ask Armand" article in the December issue, although I must say I was delighted you missed it! December was a busy time and we didn't get that one together...we won't let it happen again. ☺



*Together we
"Create More Survivors"*

*When someone comes to your
door, welcome them and
give generously.*

In this issue you will see:

- ⇒ An update on the refugee relocation program—where and how many, in Waterloo Region and in Wilmot Township. It's exciting to see so many people opening their arms and their doors to support those in need.
- ⇒ Some information on rabies from Dr. Rebecca Ricker.
- ⇒ The exciting news for the Community Players of New Hamburg as they receive a grant from the Ontario Trillium Foundation, allowing them to once again raise their curtain.
- ⇒ The inside scoop at the New Hamburg Thrift Centre from an interview with Murray, the Receiving Manager.
- ⇒ A healthy new perspective on your great intentions with your New Year's Resolution.
- ⇒ The valuable information on RRSPs provided by the Chartered Professional Accountants of Ontario.
- ⇒ An interesting article on the mysterious and bashful Pileated Woodpecker, by Fraser Gibson
- ⇒ And of course there will be your typical poor humour and puzzles to activate your brain, and the Community Events page to see what's going on around us this month, and lots of fun things to do in the community on Family Day on February 15th.

Take note of the full page ad announcing a new name at an old place. Congratulations to Pierre D. Plante who is opening up his new clinic at the old Hairworks location!



Heart month also brings us Valentine's Day, so surprise your sweetie with something special. Nothing extravagant required: even kind words or a love note in the lunch box, or perhaps a cute text, as this seems to be the tool of communication.

Till next month...sending big hugs and best wishes to our readers! Happy Valentine's Day, and Happy Family Day!



Baden ~ Our Town

There are many events scheduled at the Wilmot Recreation Centre this year on Family Day, Monday, February 15th. At 10 a.m. the Wilmot Youth Action Council will host a **free** Aquafun class (ages 8 to 13) followed by a **free** Bounce with Kangaroo Jumps class at 11 a.m. for ages 6 plus. Mayor Armstrong will make a presentation at noon regarding the new program, Healthy Kids Action Challenge, supported by the WYAC (see page 11 for more info). The WYAC will hold other activities in the Optimist Youth Centre until four o'clock.

The Baden Community Association will be giving out **free** Family Day refreshments and treats upstairs from 1-4. Last year they had over 250 people drop by to mingle with their neighbours and enjoy the treats. Face-painting and colouring pages will also be available.

The Township of Wilmot will provide a **free** skate (12:30 – 2:15), and a **free** swim from 1-3. To ensure that everyone gets a chance to have a swim, the BCA has purchased another hour of swim time, which will make the free swim from 1-4.

The New Hamburg Firebirds Junior "C" hockey team will participate in a playoff game against the Norwich Merchants starting at two o'clock! This will be game five (if necessary) and should be a great game!

If you are interested in helping the Baden Community Association with their many projects (Family Day, Baden Fishing Derby, Baden Corn Festival, and the Foundry Street Parkette and bridge) then please call 519-634-8916 for more information.

The BCA meets in the basement of the township hall, the last Wednesday of each month at 7 p.m. —you are always welcome!



The Ontario POEM

It's winter in Ontario
And the gentle breezes blow
Seventy miles an hour
At twenty-five below.
Oh, how I love Ontario
When the snow's up to your butt
You take a breath of winter
And your nose gets frozen shut.
Yes, the weather here is wonderful
So I guess I'll hang around
I could never leave Ontario
'Cause I'm frozen to the ground.



Submitted by Robert Price

*Please support the
advertisers in this paper
and keep our community
alive and thriving!*

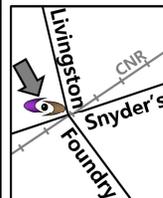


BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

DID YOU KNOW?

- Skii / snowboard / snowmobile goggles are available in prescription
- Don't forget your sunglasses if you travel down south. The sun's rays are stronger near the equator so sun protection is a must



Baden Village Square

4-18 Snyder's Road West

(519) 214-2020

www.badeneyecare.ca



New patients welcome!

After hours eye emergency services

Tues, Wed, Fri 8:30 – 5 | Thurs 12 – 8 | Sat 10 – 2
Closed Sundays & Mondays

Eye exams – Glasses – Contact Lenses – Lasik Co-Management

519-634-9567
272 Snyders Rd. E • Baden, Ont. N3A2V6

**FULL SERVICE MAINTENANCE AND REPAIRS
TO ALL MAKES AND MODELS**

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

WIDE OPEN SPACES ~ BADEN OVERVIEW FROM 1997

~ Thanks to Gary Beach for sharing his photo.



Approximate Township Population Information

	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Baden	3,314	3,576	3,808	4,003	4,223	4,402	4,553	4,653	4,742	4,935	4,996
Foxboro Green	430	430	430	430	430	430	430	430	430	430	430
Haysville	129	129	129	129	129	129	129	129	129	129	129
Lisbon	61	61	61	61	61	61	61	61	61	61	61
Luxemburg	27	27	27	27	27	27	27	27	27	27	27
Mannheim	1,043	1,064	1,071	1,071	1,071	1,071	1,067	1,067	1,071	1,071	1,071
New Dundee	1,199	1,214	1,214	1,214	1,214	1,214	1,217	1,220	1,223	1,223	1,229
New Hamburg	6,578	6,779	7,006	7,176	7,387	7,664	7,930	8,084	8,241	8,332	8,421
Petersburg	394	400	403	406	406	406	406	406	406	409	409
Philipsburg	80	80	80	80	80	80	80	80	80	80	80
Shingletown	110	110	113	113	113	113	113	113	113	113	113
St. Agatha	621	624	624	624	624	624	624	624	624	624	627
Sunfish Lake	13	13	13	13	13	13	13	13	13	13	13
Wilmot Centre	55	55	55	55	55	55	55	55	55	55	59
Non-Settlement	3,279	3,288	3,288	3,312	3,318	3,333	3,330	3,324	3,327	3,327	3,318
Township	17,333	17,850	18,321	18,713	19,151	19,621	20,035	20,286	20,541	20,828	20,982

December 31, 2015: Township of Wilmot Development Services

We have been getting a lot of questions from our clients about the rabies positive raccoons that were identified in the Hamilton region late last year, so I thought perhaps a Rabies review might help others who may have some questions or concerns.

Rabies is a virus that can infect any mammal, including humans. The animals that most often transmit rabies in Ontario are bats, foxes, skunks, and raccoons. The virus is spread through the saliva of infected animals. It can be transmitted by bites that break the skin, getting infected saliva in an open cut, sore or wound, and by getting infected saliva in the mouth, nose or eyes. The incubation period can range from a matter of days up to six months, depending on where the site of infection took place. Exposure to wildlife is the most common way for a pet to become infected with rabies.

Symptoms of rabies vary between animals, but they often include:

- ⇒ Changes in behaviour (increased aggression, depression, or excitement)
- ⇒ Incoordination (staggering, falling)
- ⇒ Changes in vocalization (different bark or meow)
- ⇒ Excessive salivation/drooling or difficulty eating/drinking

- ⇒ Hypersensitivity (excessive reactions to touch, noise or light)
- ⇒ Paresis or paralysis (partial or complete inability to move part of the body)

Confirmed Cases:

Recently in Ontario, there have been 10 cases of raccoons identified as positive for the rabies virus. These were the first positive animals found with confirmed raccoon strain rabies in Ontario since 2005. A case of fox strain rabies was also identified recently in Perth County. The last case of confirmed fox strain rabies in Southern Ontario was in 2012. Most of the cases of confirmed rabies identified in Ontario are actually in bats, with 13 cases in 2015.

To keep your pets protected, **ensure they are up to date on their vaccinations** and avoid contact with any potentially rabid animals. If contact does occur, or if you have any concerns in regards to rabies and your pet, please contact your veterinarian. Another source of information is the Ontario Ministry of Agriculture, Food and Rural Affairs website - www.omafra.gov.on.ca.

Hopefully this helps, and remember... vaccination is the best protection.



Will You 'Bee' My Valentine?

- ♥ What did the boy cat say to the girl cat on Valentine's Day?
~ You're perr-fect for me!
- ♥ What did the bat say to his girlfriend on Valentine's Day?
~ Let's hang out!
- ♥ What did the girl squirrel say to the boy squirrel on Valentine's Day?
~ I'm nuts about you!
- ♥ What did the boy sheep say to the girl sheep of Valentine's Day?
~ You're not so baaaa-d!
- ♥ What did the boy owl say to his sweetie on Valentine's Day?
~ Owl be yours!
- ♥ What do you call two birds in love?
~ Tweethearts
- ♥ What did the rabbit say to his girlfriend on Valentine's Day?
~ Somebunny loves you!

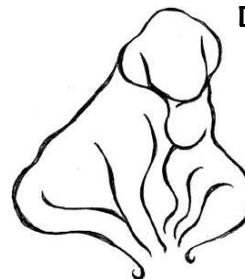


Baden Veterinary Hospital

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!

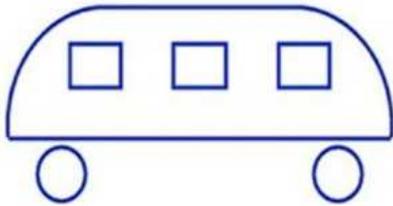




A PRE-SCHOOL TEST FOR YOU

Pre-schoolers were shown this picture and asked the same question.

Which way is the bus below traveling?
To the left or to the right?



Can't make up your mind?
Look carefully at the picture again.

90% of the pre-schooler's gave this answer.
"The bus is traveling to the left."

When they were asked, "Why do you think the bus is travelling to the left?"

They answered:
"Because you can't see the door to get on the bus."

How do you feel now?



STUDENT WHO OBTAINED 0% ON AN EXAM but got 100% for his wit!!!

- Q1. In which battle did Napoleon die?
~ his last battle
- Q2. Where was the Declaration of Independence signed?
~ at the bottom of the page
- Q3. River Ravi flows in which state?
~ liquid
- Q4. What is the main reason for divorce?
~ marriage
- Q5. What is the main reason for failure?
~ exams
- Q6. What can you never eat for breakfast?
~ lunch & dinner
- Q7. What looks like half an apple?
~ the other half
- Q8. If you throw a red stone into the blue sea what will it become?
~ it will simply become wet
- Q9. How can a man go eight days without sleeping?
~ no problem, he sleeps at night.
- Q10. How can you lift an elephant with one hand?
~ You will never find an elephant that has only one hand.
- Q11. If you had three apples and four oranges in one hand and four apples and three oranges in other hand, what would you have?
~ very large hands
- Q12. If it took eight men ten hours to build a wall, how long would it take four men to build it?
~ no time at all, the wall is already built.
- Q13. How can u drop a raw egg onto a concrete floor without cracking it?
~ any way you want, concrete floors are very hard to crack.

Submitted by Robert Price

26 Foundry Street
Baden, ON N3A 2P6

BADEN

DENTAL CLINIC



For an appointment, call
519-634-1112

- ❖ Complete family dental care
- ❖ Evening appointments available
- ❖ Emergency patients always welcome



Dr. Rick and Nancy Pereira

*We welcome new patients.
Conveniently located close to home.*



Visit our website at www.badendentalclinic.com

Barry and Pat Fisher
178 Snyder's Road E.
Baden, ON N3A 2V6
Phone: 519-634-8916
Email: badenoutlook@hotmail.com
Web: www.badenoutlook.com

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.

BADEN VILLAGE PHARMACY

PHARMASAVE

18 Snyder's Road, Baden, Ontario
P. 519-214-4000 F. 519-214-4001

By Neeru Gosain Rph

Are you travelling outside of Canada? Here is what you need to know about Travel Health from Baden Village Pharmasave:

When travelling outside of Canada, there is a higher chance of getting sick. Traveller's diarrhea can occur because drinking water or food is different than what is available at home. Health Canada recommends: "boil it, cook it, peel it or leave it!" This means if the food is not cooked or can't be peeled then you should not eat it. In some areas, there are some serious diseases that are carried by mosquitoes, or contaminated water. For these reasons, travel vaccines or medications are a very important step to keep healthy while away.

Everyone that travels should think about bringing a travel health kit which should include medications for pain, diarrhea/stomach upset, standard first aid items like bandages, gauze and first aid ointment, sunscreen, and insect repellent. Sunscreens with an SPF of 30 or higher are recommended to be applied 20-30 minutes before going out in the sun and reapplied after a couple of hours, after swimming, or towel drying. There are many different repellents marketed in Canada, but the only ones that really work are DEET and icaridin. If both sunscreen and insect repellent are to be used at the same time, apply sunscreen first, allow it to dry and then apply an insect repellent afterwards.

On a final note, when travelling with prescription medications, keep all medications in their original containers and place in a clear plastic bag so authorities can easily examine them. Always carry a complete medication list and pack extra medications just in case there is an unexpected travel delay.

Remember Baden Village Pharmacy is always available to help you stay healthy and make recommendations for your trip.

Coupon of the Month

\$2.00 off

Any Pharmasave Brand Product

(Exp. March 1, 2016)

LIVE WELL WITH

PHARMASAVE

Please Take My Card!

Mark Soehner's
INTERLOCK PLUS

PAVESTONE & RETAINING WALLS
INSTALLATIONS & REPAIRS

Sidewalks, Patios, Driveways, Steps, Retaining Walls, Planters
CALL FOR A FREE ESTIMATE / DESIGN

Mark Soehner

47 Schneller Drive
Baden, Ontario
N3A 2L5

Phone/Fax: 519-634-9792
Cell: 897-7587
Email: msinterlock@rogers.com



SILVER SPRINGS
c o n t r a c t i n g

Decks & Fences
Concrete Driveways, Sidewalks & Patios
General Contracting

Tyler Hoffman

Tel: 519-465-5211

Email: thoffman@silverspringscontracting.ca
www.silverspringscontracting.ca

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

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



Checking Out the Baden Branch Library

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 rwlibrary.ca to see the 2016 nominees for each specific list. Use the library catalogue to place holds on books you would like to read or ask library staff for more assistance.

March Break @ the Library

Looking for something to do during March Break? The library has lots of fun things for you to do!

NEW: All core programs, movies, crafts, entertainers, and special events are now FREE for library members' however, registration is required. Please bring proof of registration to the event. Proof of registration includes either a copy of your confirmation email or the registration slip provided by the library. Space is limited for all programs. When registering, please remember to register ALL persons attending the event (adults and children of all ages).

Special Guests:

The **Baden Branch Library** will host the **Tiki Troubles Magic Show Featuring Captain Corbin** on Tuesday, March 15 at 2:30 p.m. This show is recommended for all ages. Come and experience this tropical pirate adventure!

The **New Hamburg Branch Library** (519-662-1112) will be hosting **Mystic Drumz** on Tuesday, March 15, 10:30 - 11:30 a.m. This interactive music adventure is recommended for all ages 2 -12.

Visit rwlibrary.ca for information about all March Break programs being offered in our library branches.

March Break Movie Afternoon

Join us on Wednesday, March 16, 2:30 - 4:05 p.m. to watch the

movie **Minions (G)**. Registration includes refreshments. 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.

PS3 Game Day - Thursday, March 17 during regular library hours. Drop in! No registration is required.

Spring Storytime

Registration for spring programs begins Tuesday, March 8 when the library opens. You can register online, by phone, or in person. The library does not accept email registrations. Programs (unless otherwise noted) begin the week of April 5 and run for eight weeks. 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.

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

Thursdays: 11-11:30 a.m. **OR** 11:45 a.m. -12:15 p.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** 11:00-11:30 a.m.
Stories, songs, rhymes, and special activities!

Storytime - for children ages 3 to 5

Tuesday **OR** Thursday mornings: 9:15-10 a.m.
Stories, songs, games, activities, and crafts!

1:1 Computer Coaching

Book a free session with a computer coach for one-on-one help. Choose from the following Tuesday dates from 10 a.m. to 3 p.m. at the Baden Branch: Feb. 23, March 8, and March 22. Registration is required.

Questions? Contact the library at: 519-634-8933, badenlib@regionofwaterloo.ca or visit rwlibrary.ca

*Chris Baechler, Assistant Supervisor
Baden Branch — Region of Waterloo Library*



BUDGET PLUMBING
Renovation & Repairs

519-589-0597

CHARLIE BAUMBACH
Licensed Plumber
budgetplumbing@bell.net

Baden Outlook

March Break Camp

☘ Tuesday March 15th - Friday March 18th

☘ Ages 5-8 Ages 9-13
\$185.00+tax 9:00am - 12:00pm 1:00pm - 4:00pm

www.viewfinderartstudio.com

Viewfinder Art Studio info@viewfinderartstudio.com
519-662-8282 96 Huron St., Unit 2, New Hamburg, N3A 1J3



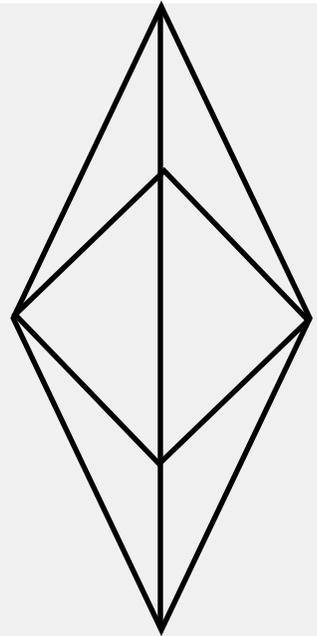
Let Us Entertain You!

Love is in the air this month and we love Wilmot!

That's the message you see in the letters reading down on the left side. We want you to fill in the blanks— on the right side is the clue to the answer and we've given you the first letter to get you going. This may be a no-brainer for long time residents of Wilmot and a research project for the newer folks...either way have fun!

- L _____ = Wilmot's Mayor
- O _____ = Go here to greet owner Clayt Knarr, in Baden.
- V _____ = Grew a Trucking Dynasty
- E _____ = Past Mayor, publisher, local historian
- W _____ = The road north of Erb's Road
- I _____ = Wilmot's Emotional Health Service (NH)
- L _____ = S-Bend's small community
- M _____ = Wilmot's most easterly town
- O _____ = Baden's H2O specialist
- T _____ = Providing Wilmot with superb theatrical shows

Answers are on page 34



Can you draw the figure above without lifting your pencil from the paper, without crossing a line, and without retracing any lines?

Answer on page 34

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

Continental

GENERAL TIRE

firestone

GOODYEAR

TOYO TIRES

KUMHO TIRE

PIRELLI

BKT

OK TIRE™

Honestly driven.



So far this year is off to a great start! YAC had our Super Bowling event on January 23rd, which saw a few youth out enjoying Riverside Lanes. Our February event is the annual Snow Ball Valentine's Dance on Saturday, February 13th from 7-9:30 pm at the New

Hamburg Community Centre. The Dance is for grades 5-8 only, and the cost is \$8.00 at the door. Snacks and drinks will be sold inside.

Moving forward, we will host our March event on Saturday March 27th, 2016. Please visit our Facebook and Twitter pages for more information!

The Youth Action Council is looking for local businesses who are willing to display our event flyers and promotional information. If you or someone you know is interested, please contact us via email—our email address is below.

We would like to take a moment to thank the William T. Lowes Professional Corporation in New Hamburg for a generous donation to the Optimist Youth Centre! We would also like to thank all our awesome community members who use William T. Lowes Professional Corporation services and help give back to our youth every year. We cannot thank you enough! If you have questions or want more information, please contact us at Wilmotsyouthactioncouncil@gmail.com

Develop Your Creativity!



Sewing is rewarding and easily adapted to your unique ideas and tastes. You could make fabric bags, pillows, aprons, p.j. pants, t-shirts, stuffed toys, make-up bags, pencil cases, art journals, hem pants, doll clothes, or something you designed. If you don't know what to make, there are lots of samples and books to inspire you.

Bring fabric for your projects. Thread and machines supplied.

"Expressive Art" is also offered if you want to explore combining art materials.

Imagine the excitement of saying, "I made this!"

Any age from 7 through adult. Individuals; \$25 per 1.5 hour. Bring some friends (adult or child) and it's \$17 per person. Pay for 6 classes and save 10%.

Located one block south of the Wilmot Recreation Centre.

Call 519-634-5503 or email: cheryl@writehand.ca



TOWNSHIP OF WILMOT

You're Invited!

Please join us for the launch of the Healthy Kids Community Challenge here in Wilmot Township! The Healthy Kids Community Challenge is a Ministry of Health program being offered by the municipalities in Waterloo Region to help parents improve the health of their children through increased physical activity, healthy eating, and developing sleep patterns.

The launch event is being held in conjunction with other Family Day activities on:

Monday, February 15, 2016

10:00 a.m. – 4:00 p.m.

Wilmot Recreation Complex

We will provide more information on a number of free activities that are going to be offered in the local community centres as part of the initiative; there will be opportunities for the kids to try new programs, free give-aways, as well as free food and drinks.

Activities Planned:

- 10:00a.m.-11:00a.m. FREE Physical Activity Stations
- 10:00a.m.-11:00a.m. FREE Aquafun Class (ages 8-13, max. 24 participants)
- 11:00a.m.-12:00p.m. FREE Bounce with Kangaroo Jumps Class (ages 6+)
- 1:00p.m.-4:00p.m. FREE Family Activities hosted by the Baden Community Association
- 12:30p.m.-2:30p.m. FREE Public Skating
- 1:00p.m.-4:00p.m. FREE Open Swim

We have a lot of new opportunities coming to Wilmot this year. We challenge you to get active and create HEALTHY KIDS!

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.*



Last year was the UN Year of Soil. In the last years, so much has been learned about the soil, that I thought I would let an expert in the landscape field speak. Sean James wrote this article last year. Enjoy!



“... let’s talk about how we can treat it better...and why. We’re learning so much, so quickly and ‘best practices’ are changing month by month. To till, or not to till? When or even IF to fertilize? What kind of mulch to use...if any? These are all important questions!

Tilling/turning of the soil is now a no-no. The whole soil micro-ecosystem is incredibly important to plant health. When we use cultivators or rototillers, we kill millions of beneficial bacteria and chop up the micorrhizal fungi which help plants absorb water. The better alternative is to just mulch with organic matter such as Composted Pine Mulch (CPM) and let the worms and insects work it into the soil naturally. It’s easier! Not turning the soil also helps reduce erosion, protecting our waterways.

We think a lot about fertilizing lawns and gardens, but this leads to runoff and pollution of our rivers and lakes. Adding CPM is, again, a better alternative since it provides **all** nutrients, not just nitrogen, phosphorous, and potassium. Compost also helps out the fungi and bacteria. Promoting bacterial growth through composting actually releases the phosphorous that already exists in the soil, and there’s plenty of it.

Composted mulches, or even just compost, are better than wood chip or bark mulch since it feeds the soil and the creatures that live in it. Straight wood mulch actually deprives the soil of nitrogen since the bacteria that break it down need nitrogen to survive, and wood is all carbon. Alternatively, just mulch up leaves in the fall and spread them directly on the garden, and the same goes for the perennials that you cut down in the spring – far better than bagging them up for the city to deal with!

Finally, old gardening text books usually start with a chapter on amending the soil. This was recommended so we could plant whatever we wanted. Modern wisdom



revolves around planting the *right* plants for your existing soil type. ... Working with existing soil takes a bit of learning but saves work.

The methods mentioned above to protect soil are less work. Protecting the soil protects our watersheds, helps plant health and even preserves our food security. It’s been said that it takes 100 years to make an inch of soil so it’s worth looking after. Once, we took it for granted but we are finally waking up to how to work *with* soil. Now, go have fun in the garden and learn all about what plants like your soil.” **Sean James, Fern Ridge Landscaping and Eco-consulting www.fernridgelandscaping.com/index.php. Sean James will be our opening speaker at our Garden Explosion event on March 19th.**

WHS’s upcoming meeting is at 7:30 pm, March 14, 2016, **Wilmot Recreation Centre, upstairs in Meeting Room A. Warren Ham will speak about Garlic.** Free meeting, with a 50/50 draw (bring your loonie or toonie), door prizes and a social with tea/coffee with snacks.

Itching for dirty fingernails and knees!

www.gardenontario.org/site.php/wilmot
email: wilmothortsociety@gmail.com



YAHN CUSTOM PLUMBING INC.

“Your Residential Plumbing Specialist”

New Installations • Renovations • Repairs



- Plumbing Fixtures & Faucets
- Water Filters, R.O. Systems, & U.V. Sterilizers
- Camera Drain Inspections
- Backflow Prevention
- Water Softeners
- Central Vacuum Systems



SHOWPLACE

178 Foundry Street, Baden

Please call for updated hours or to schedule an appointment with our design team.

(519) 634-8533

Red and White Realty Inc.
Brokerage

Wade Halliday

Sales Representative
Red & White Realty Inc.

Senior VP of Commercial Real Estate Services
Division, including Residential Sales

Wade.Halliday@RedandWhiteRealty.com

519-804-9934 Ext.1017 Office

519-778-9413 Mobile

226-214-3133 Fax





Baden Integrative Health

Dr. Pierre Plante, DC has been proudly serving the Baden and surrounding community since 2011. He is happy to announce the opening of a new health clinic.

Common conditions successfully treated:

- Headaches
- Neck Pain
- Lower Back Pain
- Shoulder Pain
- Hip Pain
- Strains & Sprains
- Tennis Elbow
- Plantar Fasciitis
- Sports Injuries
- Whiplash

Chiropractic services
ART

Soft Tissue Therapy
Acupuncture
Rehabilitation Exercises
Orthotics
Massage Therapy

**Book Online @
BadenIntegrativeHealth.com**

36 Snyder's Road East, Baden Ontario, N3A 2V5
519.279.1083

www.BadenIntegrativeHealth.com
badenhealth@gmail.com

Baden Outlook Hockey Pool Stats

ADULTS			KIDS		
Place	Name	PTS	Place	Name	PTS
1	Hannah Litwiller	560	1	Meghan Hopkins	526
2	Breanna Hopiavuori	549	2	Ayden Ziegler	525
3	Amy Papa	536	3	Rhett Calder	502
4	Arlene Naumann	532	T4	Finlay Johnson	499
5	Doreen Dean	526	T4	Sheanne McGrath	499
T6	Chris Woods	521	T4	Justin Nelson	499
T6	Jeff Miller	521	7	Adam Hoerle	490
T8	Jessica Kumornik	518	8	Lashaedyn Faulkner	489
T8	Michelyn Routhier	518	T9	N H Girl Guide Unit	488
10	Jessie Gingerich	517	T9	Laceylee Egli	488
11	Jon Snook	514	11	Kohen Patten	486
T12	Brooke Bechthold	513	12	Jordan Hopkins	485
T12	Michelle Ruston	513	T13	Hudson Waechter	482
14	Patt Miller	512	T13	Vance Hallman	482
15	Justin Reiber	509	T15	Erin Rooney	480
T16	Brett Gardner	507	T15	Colton Porchak	480
T16	Emily Danard	507	17	Dallas Egli	479
T18	Brenda Carney	505	18	Nathan Huck	477
T18	Bailey Bechthold	505	T19	Evan Hopkins	476
T20	George Gilbey	503	T19	Tyson Ruston	476
T20	Joel Ruston	503	T19	Logan Moore	476
T20	Chazen Snyder	503	22	Blake Aubree Schwartz	474
23	Katelyn Koenig	502	23	Nate Gardner	473
T24	Brad Habel	499	24	Jamie Hoerle	471
T24	Wayne Stewart	499	25	Aiden Kropf	470
T26	Chris Dubrick	498	T26	Allie Gardner	469
T26	Bill Pearson	498	T26	Aiden Heinbuch	469
T26	Rachel Gondosch	498	T26	Calob Heinbuch	469
T26	Ralph Dahl	498	29	Ben Ziegler	468
T30	Noah Heinbuch	497	T30	Carter Girodat	464

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



(Sorry Hannah, Ayden, Meghan, and Rhett –
you can take the leader prize only once!)

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

The lucky random draw winner is
Olivia Dietrich winning a
Baden Outlook sweater.

RIVERSIDE LANES

182 Union Street, New Hamburg

MARCH BREAK SPECIALS

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 512 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 click on sports pool and select "hockey." Once in the site select login your pool (adult pool is outlookhockey and kids pool is outlookkids). Both pools have a password of *guest*. Have Fun and Good Luck!



FUN AND FUNDRAISING!

On February 27, E.J.'s owners Matt and Jackie Rolleman will demonstrate their exemplary **generosity** by hosting a **Quiz Night** to support a Syrian refugee family of ten who'll be coming soon! Come out and challenge yourself: ten rounds of Trivia questions will stretch your minds, and E.J.'s pub snacks will fuel your genius. The top two teams will win prizes—come see for yourself what they are!

But there's **more** than the Trivia Quiz: a **silent auction** will offer Rangers tickets, books, art, a hot yoga pass and more, and a **live auction** will offer delectable items like a "Home Chef" three-course meal for 8 paired with wines, cooked in your home—priceless!—and a Whistle Bear golf package with lunch, valued at \$700.00!!! There'll also be a 50-50 draw—lots of prizes to go around!

This event is being planned by a group of friends in the New Hamburg/Baden area who are raising money in support of KW Heart and Home; this group of concerned people living in K-W, along with their friends and families, takes social action seriously. Several of the group were refugees themselves, a few are children of refugees, and others are friends of refugees. Like us, they are a group of people who want to do something good for those who have suffered untold difficulties and loss and seek the safety and solace that our country, and we Canadians, can offer. In anticipation of this family's arrival, the group has rented a three bedroom home at a price subsidized by the landlord, himself a refugee. They are currently cleaning and furnishing—getting ready for the big day!

Come out and make this family's new life a reality while you **have fun!** The first Trivia question will be asked at 8 p.m.; tickets are \$25 apiece, or \$100 for a table of four. Bring your smartest friends!

If you have objects or services you'll offer for the auctions, terrific! Please email these offerings to Lori Spoltore at: lspoltore@mac.com

If, for some zany reason, you can't come, do still donate for this large family please! The group is close to reaching its funding goal, so help make that goal a reality. The Mennonite Central Committee is hosting donations for this group. Their url is: <https://donate.mcccana.ca/registry/k-w-heart-and-home> Also, to donate any good quality household items—furniture, linens, pots and pans, etc.—you can email Debbie Ferguson at: d-mferguson@sympatico.ca

Don't sit home grumbling about the snow and cold: warm your hands and hearts by joining friends on this **fun night!** See you at E.J.'s!

BADEN OUTLOOK

Keeping the Community Connected

RE/MAX® Twin City Realty Inc. Brokerage

Amy Williams

amy@yourremaxteam.ca
Office: 519-579-4110
Direct: 519-591-7053
www.amywilliams.ca

Proud
Resident of
BADEN

A PART OF:
YOUR **RE/MAX TEAM**



Sales Representative,
ABR **CNE**

Baden Minor Softball Association News

Registration is underway for the 2016 season. Parents can register their children online at www.badenminorball.com or they can download the forms on our registration page. This year there will be one in-person registration on Wednesday March 2nd during the leisure fair at the Wilmot Recreation Centre from 7-8:30pm. Registration closes March 18th.

Once again we are hosting our annual spring clinic. Our clinic is open to all players from T-ball to Peewee. Registration forms are also found on the website. This is our 4th year holding this clinic and each year it has grown substantially. Please check the website for more details or contact president@badenminorball.com.

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

Now in our 3rd season, the Baden Adult Local League (B.A.L.L.) is looking forward to another great season. Once again there will be umpires for each of the games and games will be played in Baden and Petersburg. B.A.L.L. accepts individual players and complete teams. To find out if there is a spot for you or your team please contact Lou or Greg at: ball@badenminorball.com



Did you know that on Valentine's Day 1876, Alexander Graham Bell applied for the patent on his telephone invention? Cool!



Matt & Jackie Rolleman
39 Snyder's Road W, Baden
519-634-5711

Join in the fun
with Karaoke on
the 3rd Saturday
of the month. Hope to see you on
Saturday, February 20th 8-11!



While walking in a mature bush you might spot a long, deep rectangular excavation in a dying tree. At the base of the tree may be a pile of very large wood chips. This uniquely shaped excavation indicates the presence of the somewhat shy and secretive Pileated Woodpecker (PIWO). This crow-sized woodpecker, our largest, with its red crest, black body and white striped neck, prefers large forests with some standing snags and fallen logs. The excavations are made while searching for carpenter ant colonies, the Pileated Woodpecker's primary food source.

Carpenter ants are often found deep within a tree, but the PIWO is well adapted for the tough task of extricating its well-concealed prey. The PIWO first finds prey by tapping on a tree and listening. If detected, the woodpecker goes into action.

Unlike most other birds, the PIWO has only 2 front toes, but also has 2 backward facing toes instead of a single one. This gives it a more solid anchor on vertical surfaces. With its stiff, barbed, central tail feathers braced against the bark, the bird has a stable tripod-like stance on the tree. While simultaneously pulling with its feet, it uses its long muscular neck to repeatedly land powerful strikes with a force many times the force of gravity. Small feathers cover the nostrils to block entry of flying wood particles.

A thick but spongy skull is designed to distribute and absorb some of the shock of the repetitive pounding. Tail feathers also absorb some of the shock. The brain, in a reduced cranium space, is protected by a spongy elastic material that holds it tightly so it cannot bounce around and be injured. Its self-sharpening beak penetrates the rotting tree, allowing the bird to remove large fragments of wood.

Once the excavation is deep enough to access the carpenter ant galleries, the woodpecker's tongue darts into the



small tunnels to retrieve the prey. Most woodpeckers can extend their sticky, barbed tongues from two to four times the length of their beaks. This would give a conservative estimate of a 7 cm tongue length for a Pileated Woodpecker. Such a long tongue could easily become a hindrance when not retrieving prey. However, the tongue apparatus of the PIWO does not end at the back of the mouth as expected, but extends around the top of the skull, just below the skin, before terminating at the right nostril. This allows the tongue to recoil, somewhat like a tape measure, around the skull and out of the way.

Pileated Woodpeckers mate for life and remain in the same large territory year round. They usually nest in dead trees in mature woodlots where the male does the majority of the cavity excavation. The female adds finishing touches, leaving some wood chips to line the cavity bottom. The entrance is an oblong hole about 10 cm in diameter with a cavity depth of 25-60 cm. The female usually lays one clutch of 4 eggs per year. Eggs are incubated by both parents for 15-18 days. Nestlings are fed by regurgitation for 24-28 days by both parents. The young leave the adults in 3-5 months.

Unfortunately the large standing dead trees used by the PIWO are considered undesirable by many woodlot owners. These snags are ecologically beneficial not only for the woodpecker but for numerous other birds, mammals, and insects that live in the decaying wood or in the woodpecker's former nest cavities. The Pileated's excavations also draw other animals to the newly exposed food source. Some say there is more life in a dead or dying tree than in a living tree, and the PIWO helps make this happen. If you are fortunate enough to see one, it's your lucky day!

Baden Birding Sponsored by:



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

Baden
FEED & SUPPLY LTD.

519-834-5474 • 1-800-285-2385

76 Mill Street, Baden

Check out our large selection of treats for

the birds, critters, and pets!



Seamcrafts

125-A, Snyder Rd E, Baden, ON, N3A 2V4

519-772-4570

- Alteration & Tailoring
 - Dry cleaning
 - Photo services
- [Passport photos only \$8.99]

Get Discount
Coupon
online

info@seamcrafts.com

www.seamcrafts.com



Mon - Fri 10.00am - 6.00pm
Sat 10.00am - 3.00pm

Custom Blinds



Shop at Home

(519)-500-1903

- Pleated and Cellular Shades
- Vertical and Horizontal Blinds
- California and Plantation Shutters
- Custom Drapes and Hardware

- Free Sample Viewing
- Free Estimates
- No Charge Installation
- Seniors Discounts

207 Theodore Schuler Blvd. New Hamburg

*New Hamburg ~
Is Happy to Serve YOU!*



**SYLVAN SKI-DOO ARGO EVINRUDE EZ-GO TRAILERS GO KARTS LAWN & GARDEN
PARTS SALES SERVICE**

114 Arnold St. New Hamburg Ph. 519 662-1461 1-877-740-2628
On N3A 2C7 Fax 519 662-1101
E-mail info@blueskymarine.ca Web www.blueskymarine.ca



RUDY HELD PERFORMANCE CENTRE
519-662-2821
New Hamburg, Ontario

Car & Truck Accessories

Tires and Wheels
Car Care Products

*Tonnage Covers
Hood Shields
Rain Guards*



www.rudyheld.com

*Liquid Glass
K&N Filters
Programmable*



**E & L COLLISION
and
REFINISHING INC.**

111 Arnold Street,
New Hamburg, ON N3A 2C6

MURRAY ERB
Computerized Colour Matching

*Serving Wilmot
Since 1985!*

TOLL FREE 1-877-894-9773

Phone: (519) 662-1892

email: elcollision@bellnet.ca

SKOWRON
Decorating Centre
www.skowrondecorating.com



• Custom Window Treatments • Benjamin Moore Paint • Wall Coverings

Reynold & Kathy Skowron

85A Huron Street, New Hamburg, Ontario N3A 1K1
Phone: (519) 662-1142 • Fax: (519) 662-9067

Ask Armand ~



George from Baden Asks – Didn't Baden once have a Mennonite Church in town?

Armand says – Yes, there was a Mennonite Church in Baden. It was located on Snyder's Road West, across the street from the westerly Livingston Boulevard entrance. The Baden Mennonite congregation began services in 1913 and formally organized in 1945. The Baden building was built by Peter Moyer in 1913 at his own expense. Later the church became known as the Baden Mission Church because the conference helped with it's support for a number of years. In 1974 the Baden Mennonite Church merged with Geiger Mennonite, which was located on Bleams Road, and the united congregation became known as Wilmot Mennonite Church, services where held at the Bleams Road site. The Baden church was being used as a preschool and in November 1975 the Geiger church was gutted by a fire. Consequently the congregation held their services in the basement of the Beck Hall Township offices. A new and the current Wilmot Mennonite Church was built and opened on Bleams Road in 1979. The building in Baden then served as the church's fellowship hall until it was destroyed by fire on April 14, 2000. The building had also been used for worship by the West Hills Mennonite Church until the fire.



Baden Mennonite Church in Baden, Ontario in December 1946. Source: Mennonite Community Photograph Collection



148 Peel Street,
New Hamburg
519-662-1221

*Office-wear, Shirts,
Comforters, Linens, Drapery,
Coats—Suede & Leather*

*On-Site Dry Cleaning * Same Day Service !
Eco Friendly, using no chemicals in our cleaning process!*

**PRESENT THIS COUPON TO
SAVE \$5 OFF ANY ORDER OVER \$20**

Improving the Health of our Community

~ Reducing the Stigma

By Melodie O'Connell MSW RSW



I recently attended a seminar in which Nick Patrella, a Professor at Mohawk College and a Mental Health Advocate, shared his experience of struggling and learning to cope with both depression and anxiety. He came to share his experience of living with mental illness while not even being aware of what it was. He continued to struggle in silence, contemplating suicide, without anyone around him understanding the pain and difficulty that he struggled with on a daily basis.

Nick described his childhood as fun, loving, and financially abundant. He did well academically and played high level sports in which he eventually earned a weekly paycheck. He went on to acquire his degree in University, and begin his PH.D. He was not someone that you would suspect would struggle with mental health issues.

Nick's message was loud and clear. There are many people suffering in silence, either afraid to ask for help, or unsure of where to turn. The statistics share a picture of a widespread systemic issue:

- * Mental illness will directly or indirectly affect all Canadians through a family member, friend, or colleague.
- * 20% of Canadians will personally experience a mental illness in their lifetime.
- * Mental illness affects people of all ages, education, income levels and cultures.
- * Approximately 8% of Canadians will experience a major depression in their lifetime.
- * Suicide accounts for 24% of all deaths among 15-24 year olds.

Mental illness does not affect others, it affects all of us. However, the biggest barrier for people receiving help is the stigma that continues to exist regarding mental health. It is important to understand that mental health issues are not a sign of weakness, any more than cancer, diabetes, or a heart condition. It is important to recognize that a mental health issue does not define someone. When we look at the media, there are many individuals coming

forward with their experience of mental health problems including Clara Hughes, Serena Ryder, Howie Mandel, and Michael Landsburg. We also hear of others who have suffered in silence, and we become aware only after it is too late.

What can you do to help reduce the stigma?

- * Learn the facts and the myths about mental illness. Learn the early warning signs for yourself and others.
- * Be aware of the language that you use to describe mental health problems. A diagnosis does not define an individual.
- * Be kind – help someone who is being labelled or bullied. Treat all people with kindness, care and compassion. If you are aware that they struggle, offer additional support including a phone call or visit.
- * Listen and Ask – sometimes it is just best to listen and ask if you can offer help in any way.
- * Talk about it – break the silence. Talk about how mental health impacts ourselves, families, or friends.



One of the high schools in Cambridge had a student-initiated campaign in which two students decided to offer support to all students in the school, by simply putting a post-it note on each and every locker with words of encouragement. The hope with this initiative was to open up the conversation about mental health issues, and ensure that each individual felt recognized and valued. The impact of such an initiative is difficult to measure. We do not know the suffering that occurs among our peers, family, co-workers, or classmates. But we do know that many people we are in contact with on a daily basis are struggling. Take the time to reach out to someone and ask how they are doing. Offer a friendly smile, words of support or encouragement, or a helping hand. The impact of this can be life-changing!

DENTISTRY

Zimmer DENTISTRY

Dr. Tyler Zimmer

Unit 3 – 10 Waterloo Street, New Hamburg

Tel. 519-662-3510

www.zimmerdentistry.ca



\$145,000 OTF Grant to Help Raise the Curtain for the Community Players of New Hamburg

The show must go on and now, thanks to a \$145,000 Capital grant from the Ontario Trillium Foundation (OTF), the Community Players of New Hamburg's (TCP) can make upgrades to their theatre. Local MPP Michael Harris, and Ruby Weber, an OTF volunteer, met with Mayor Armstrong and members of the theatre company to congratulate them and hear more about the work ahead. The grant was made to the Community Players of New Hamburg and the Township of Wilmot to make needed upgrades to the theatre space.



involve constructing a smoke ventilation HVAC system, with associated electrical system upgrades. There will also be modifications to the sprinkler system, which will require moving some hardware in the ceiling. In addition, the side exits will be modified. Any changes made to the space will need to be removable, so other Wilmot groups can use the building for different purposes.

"Today's grant is a recognition of the dedication and tireless efforts of the volunteers and members with the Community Players of New Hamburg," said MPP Michael Harris. "Congratulations to the Community Players and the Township in working together to secure funding that will ensure the dynamic, top-rate productions that have been a staple of the Trinity Theatre for years to come."

In partnership with the Township, TCP applied for a Capital grant to upgrade their Trinity Theatre, located on the ground level of the New Hamburg Community Centre, so it can be used for future productions. Renovations will

"This is a beautiful example of partnership between provincial, municipal, and local groups," said Gary Goeree, President of the Community Players of New Hamburg. "It is also a vote of confidence that smaller communities believe in the arts and the benefit they provide. In this case, the Ontario Trillium Foundation will be bringing a treasure back to the Wilmot community."

Work on the upgrades is expected to begin in early February. In the interim, TCP's spring production will take place in the upstairs portion of the Community Hall for the musical comedy, "Nonsense." For more information, please visit: www.thecommunityplayers.com

Since 2000, TCP has transformed the former hockey arena into their "Trinity Theatre" to accommodate audiences of up to 650 per performance, as well as a company of over 100, including cast, crew, orchestra, production and front of house volunteers. TCP's regular spring productions were halted in June 2014 when some needed fire and safety upgrades were made known to the organization. The upgrades will be finished this year, in time for the curtain to rise again on the Community Players of New Hamburg's Trinity Theatre in the Spring of 2017.

A leading grantmaking foundation in Canada, the Ontario Trillium Foundation strengthens the capacity of the voluntary sector through investments in community-based initiatives. An agency of the Government of Ontario, OTF builds healthy and vibrant communities. For more information on the Foundation, please visit the website at: www.otf.ca.

ZEHR
INSURANCE BROKERS LTD.

Home of the Vintage CARS Insurance Program

Providing antique and classic car insurance since 1968



Call 519-662-1710 or
look online @ www.zehrvintagecars.com
for quotes, eligibility, coverage's & more

59 Huron St, New Hamburg, ON
www.zehrinsurance.com

"Protecting What Matters to You"



Dolman
Eyecare Centre

251 B (Back) Huron Street, New Hamburg

Evening appointments—New Patients Welcome

519-662-3340

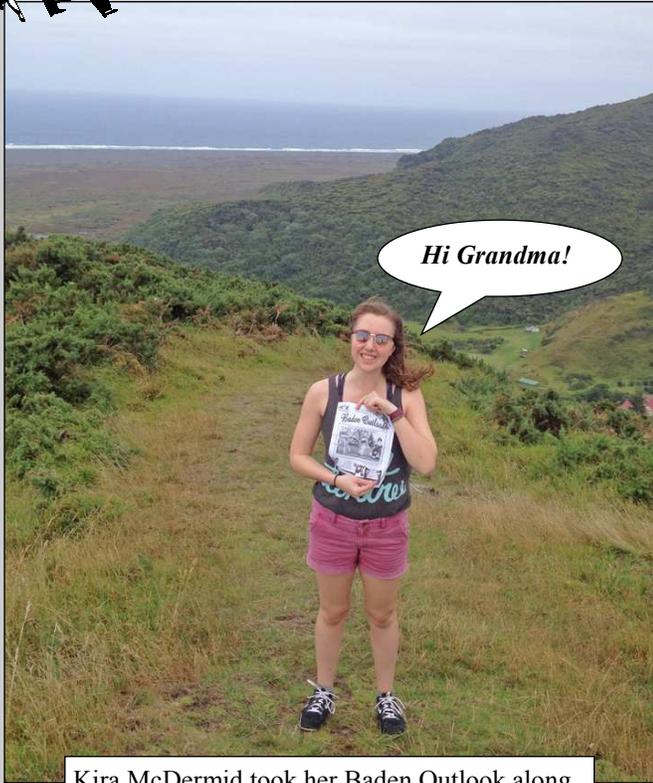
Contact Lenses & Laser Consultations

www.eyecareforlife.optometry.net

Progressive care that can enhance your quality of life.

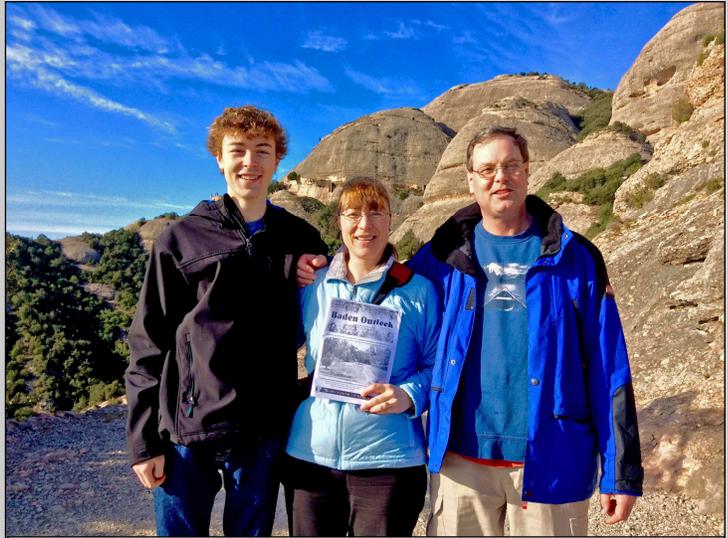


Wow! More exciting destinations as *The Baden Outlook* continues to travel ...

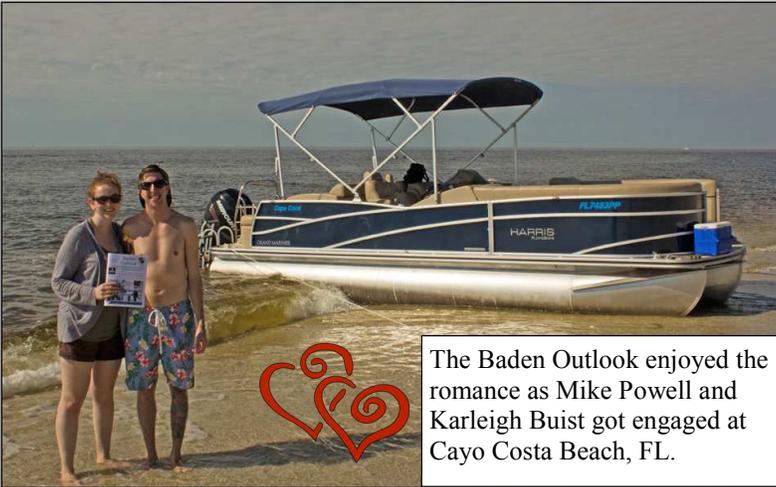


Hi Grandma!

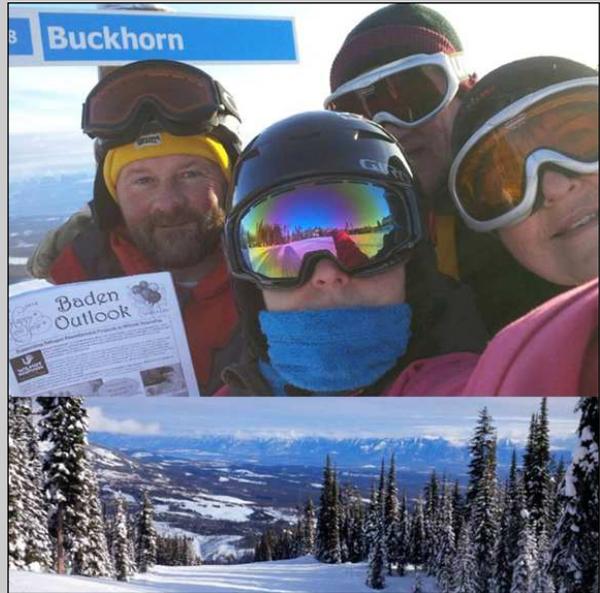
Kira McDermid took her Baden Outlook along to Whatipu, New Zealand. She sends her love to her Grandmother Reta Glasser, of Baden.



Dylan, Pam, and Todd Roth took their Outlook along to the mountains in Monserrat, Spain, and also to Barcelona, Granada, and Sevilla with Todd's parents for the Christmas holidays.



The Baden Outlook enjoyed the romance as Mike Powell and Karleigh Buist got engaged at Cayo Costa Beach, FL.



Kevin and Angela Shantz took their Baden Outlook along with Larry and Sharon Shantz to the Kimberley Alpine Resort in Kimberley, BC.

THE WHINING TREE
Wine-Making, Kits & Supplies
"Home of Cheeky Monkey"
Where Good Friends Make Great Wine!

Cheeky Monkey

73 HINCKS ST UNIT 6 519-662-4111 NEW HAMBURG
Tuesday - Friday 11am-7pm ~ Saturday 10am-2pm

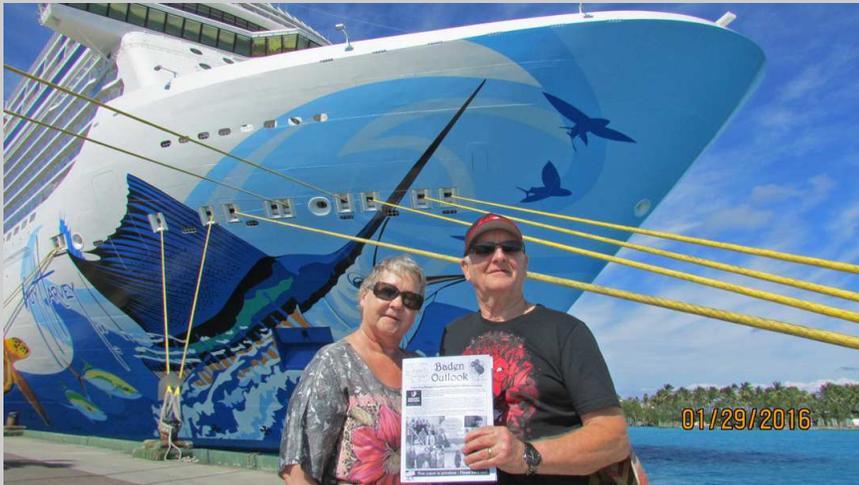
Flood's
PLUMBING HEATING & A/C
Since 1976

- CENTRAL AIR CONDITIONING
- NATURAL GAS & PROPANE
- FURNACES & BOILERS
- WATER HEATERS
- WATER SOFTENERS & FILTERS
- PLUMBING FIXTURES
- DRAIN CLEANING

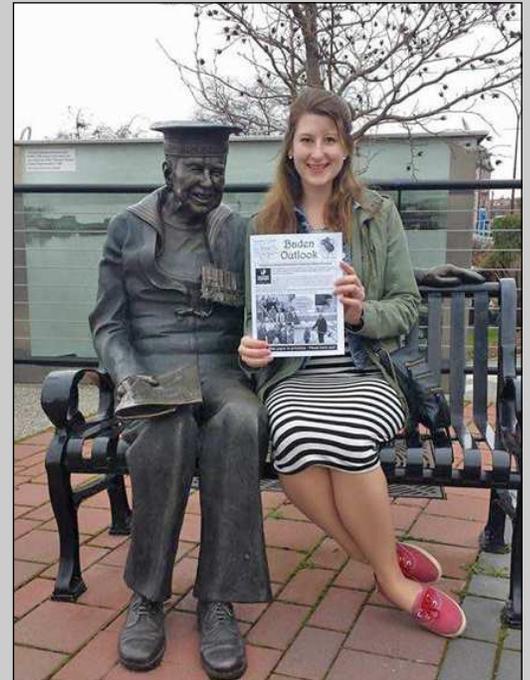
Celebrating 40 years in 2016

18E Nevilles Street New Hamburg, ON **519-662-1300**
www.floodsplumbingandheating.com

...To British Columbia, Cuba, Spain, Florida, New Zealand, Mexico, Europe, Virgin Islands, and more!



Mary and Bryan Pfaff took their Outlook on vacation in January as they cruised on the Norwegian Escape to the Virgin Islands and to Nassau in the Bahamas.



Torie Coles took her Baden Outlook along to British Columbia while visiting her parents.

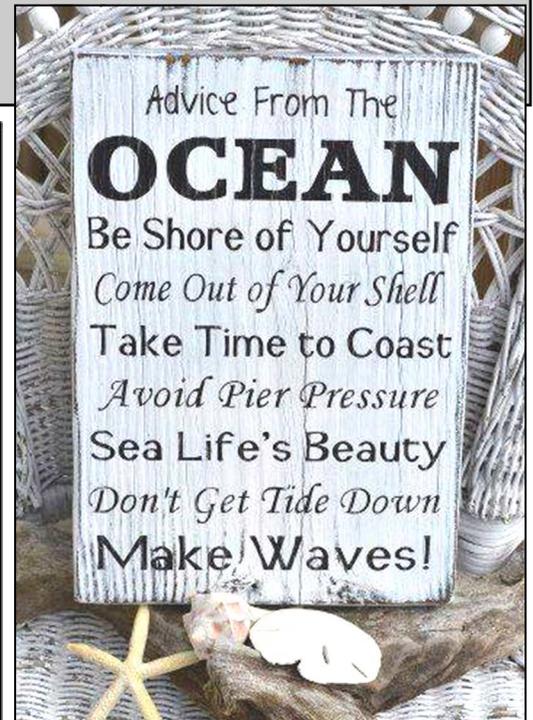


Dan and Hildegard O'Connell took their granddaughters Marley and Mikayla O'Connell to Cuba where they spent a week bike riding. At the end of the week, they donated their bikes to the local residents. The Outlook went along for a fun ride!



Don't forget to pack your Outlook when going on vacation!!

See your photo in colour at www.badenoutlook.com



FOCUS • SALES
computers inc. • SERVICE
• UPGRADES
• REPAIRS

QUALITY SERVICE FOR 20 YEARS

- ONSITE AND IN-STORE SERVICE AVAILABLE
- NEW AND USED COMPUTERS FOR SALE
- VIRUS REMOVAL, MAINTENANCE, UPGRADES AND MORE!



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

Let US Help Take Care of YOU!

Linda Langenegger
 Medical Aesthetician & Pro Makeup Artist 

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

livewell
 health & wellness 

Registered Massage Therapy · Chiropractic
 Orthotics · Physiotherapy · Natural Medicine

Online Booking
 www.livewellhealthandwellness.com

519 634 9819
 18 Snyder's Rd W
 Baden Ontario

Mariko Ogasawara RRP.
 Registered Reflexologist 519-634-8935



Reflexology: Relieves tension
 Improves circulation
 Promotes natural healing

Reflexology Registration Council of Ontario
 Grand River Reflexology Associate

krissak's
K-CUTS
 Family Hair Care

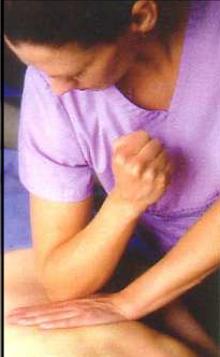
Call Kathy at
 634-5772

Shop Hours

Monday	9:30-8:00
Tuesday	9:00-6:00
Wednesday	Closed
Thursday	9:30-8:00
Friday	9:00-5:30
Closed Saturdays	

75 Snyder's Rd. W., Baden

New Hair Colour!! Bio-Friendly
No Ammonia ~ Healthier Choice



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. N0B 2L0



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




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

Tues - Thurs 9 - 6
 Friday 9 - 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
- Organic Meat & Dairy
- Vitamins
- Bodycare
- ERB OUTLET

www.pfenningorganic.ca



Jim and Laurie Arkell

75 HURON STREET,
 NEW HAMBURG, ONTARIO N3A 1K1

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



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

A Yogic Twist on Resolutions – Sankalpas

By Kate Stevely, ERYT-200, RYT-500
Lifestyle, Health, and Fitness Consultant



All the King's Horses ...

All the King's horses and all the King's men, couldn't put resolutions back together again. Here it is February, and for many of us, our New Year's Day resolutions are lying broken on the ground like Humpty Dumpty. We are overwhelmed by a sense of failure ... again. Why do we keep doing this? You know that definition of crazy? Doing the same thing over and over, expecting a different result. We don't see that the problem with resolutions is that they are all about doing.

It has been going on since Ancient Babylonian times, when folks made New Year pledges to their gods. These pledges were all about "doing." Things like returning borrowed items and repaying debts. The Romans also began each New Year with promises to the god Janus, who had two faces, one looking backward, and one looking forward. The first month of the year is named after him. Their promises were all around doing as well.

So we carry on this tradition, making promises to the heavens and ourselves that we will lose weight, stop bad habits, go to the gym regularly, attend new or more Yoga classes. Local gyms depend on this phenomenon to stay in business. They sell a year's membership to the resolution-makers in January, and by mid-February the gym never sees them again ... until next New Year. Folks have fallen off their resolutions and both the resolver and the resolution are shattered, and all the King's horses, and all the King's men, won't put them back together again. That feeling of being shattered comes out of that very sense of not being quite good enough, which drives Folks to make New Year's Resolutions in the first place. They have just reinforced that feeling: they have FAILED.

But there is a clue there. To break that cycle, we want to focus on being, not doing. And that is what the Sankalpas, that Yogis take on, are all about. Not out of a sense of not being good enough, but out of a desire to be the best possible self we can be. In the Sankalpa, we set our resolve to be well, to be free of addictions of all kinds, to be good to self and others. As occasions arise to exercise those resolves, we build up our being, but a less than perfect day does not tear us down. Sankalpas do not have a hard edge to fall off. The next day we just carry on building. And we can renew that Sankalpa, that Resolve, as often as we like. It isn't just a one shot, once a year thing. Because every waking is a new chance to firm that resolve, because every day is a chance to be brand new. A chance to just be.

LOVE is in the air,
show your loved one you
care.
Buy her the gift of
relaxation and renewal

Reflexology By Christina RRPr.
www.solesjourney.ca
519-662-2123
In Affinity Health Clinic

Shirley's Sewing
Alterations and More

Shirley Cudney
Seamstress

133 Snyder's Rd W, Unit 2
Baden, Ont. N3A 2M3

519-214-1115

Oh, I miss you buddy!

Are you missing your
neighbour too?

Sisters
PAINTING AND DECORATING

Clean, Reliable
Quality Work
Reasonable Rates
Over 25 Years Experience

Call Debbie
519-662-6210

HIP PAIN AND PREVENTION

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



Hip pain often limits physical activities such as walking, running, squatting, and going up and down stairs. It can also create problems with sleeping and sitting positions.

Depending on what the source of the hip pain is, **symptoms can be felt in a number of different regions which may include:** the low back, deep in the hip joint, on the outer aspect of the hip, in the groin, at the front of the thigh, and in the buttocks. Listed below are some of the conditions that commonly cause hip pain:

- **Osteoarthritis** results from the protective layers of cartilage in the hip becoming worn over a period of time, leading to change in the composition of the bone underneath the cartilage.
- **Osteoporosis** is a disease of bones that decreases bone mass and strength, making them more fragile and susceptible to fracture. Hip fractures usually occur in older individuals after a fall injury.
- **Ligaments** are tough bands of fibrous tissue that connect one bone to another. They help stabilize joints, preventing excessive movement. **Ligament injuries (sprains)** can occur when these structures become over-stretched or torn, often during activities where there is a direct blow to the hip or there is an awkward fall or twisting motion involving the hip.
- **Tendons** are strong tissues that anchor **muscles** to bones, and these structures can become over-stretched or inflamed around the hip joint leading to **tendonitis** and **muscular strains**.
- **Bursitis** can involve several fluid-filled structures in your hip that help provide more cushioning in the joint. Repetitive hip strain and blunt trauma to the hip bursa are two common causes of **bursitis**.
- **Injuries and conditions in the low back can radiate symptoms into the hip region.** This includes things such as osteoarthritis, sprains and strains, disc herniations, sciatica, and spinal stenosis.

Below are some useful tips that can help individuals avoid or minimize the chance of hip pain and injury:

- ◆ **Maintain a healthy bodyweight** to decrease the overall stress on your hips.

- ◆ **Wear appropriate footwear** that supports your activities and helps maintain proper leg alignment and balance.
- ◆ **Prepare your hips for physical activity** by stimulating the joints and muscles, and increasing circulation. This can be accomplished with a quick cardiovascular warm-up and gentle stretching of the muscles in the hips, thighs and lower legs. 
- ◆ **Choose activities that are "hip friendly" for you.** This may include low impact activities such as swimming, walking or cycling. Remember to start slowly and build up the intensity gradually.
- ◆ **Strength, balance, flexibility, and core** exercises can train your body to better support your hips and avoid injuries.

If you have hip pain that limits your daily functioning, you should contact a licensed health professional who deals in the diagnosis and treatment of hip pain. For additional information on hip pain and treatment of muscle and joint injuries, visit www.nhwc.ca.

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.



New Hamburg Wellness Centre

- Chiropractic Care
- Rehabilitative Speciality Services
- Registered Massage Therapy
 - Laser Therapy - NEW!
 - Medical Acupuncture
 - Custom Orthotics
 - Naturopathy

New Patients Welcome!



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

338 Waterloo Street, New Hamburg
519.662.4441 www.nhwc.ca

NEW HAMBURG'S MOST ESTABLISHED FULL FITNESS FACILITY

Fabulous February

Half Price Special!!!

Get a two month ALL INCLUSIVE membership for half price AND half price registration fee on our open term memberships.

Sign up for a year membership and registration is FREE!

Special expires February 29th 2016. New members only.

At Absolute, fitness is not just our business...it's our life!

66 Hincks St., Unit #2, New Hamburg, Ontario N3A 2A3

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



St. Agatha Clothing Outlet

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



SPRING IS JUST AROUND THE CORNER!

Men's spring coats still our great price of \$30
Ladies - **Leave Nothing But Footprints** (designed in Canada) from \$20 - \$30 reg: \$50 - 150
New shipment of Ladies' Jockey Sweaters (small & medium only) \$30
Jockey Jean Jackets \$30

New shipment of Men's hoodies, 1/4 zip sweatshirts (Tigerbrand quality) \$20

GREAT DEAL!! Ladies' sheepskin coats xs-xl reg: \$500 - \$1000, now selling for \$150 - \$250

Lots of other great sales going on... you have to come and check us out!

Store Hours: Closed Monday & Tuesday
Wed. & Thurs. 10 a.m. - 4 p.m. Fri. 10 a.m. - 6 p.m.,
Sat. 9 a.m. - 5 p.m., Sunday 12 p.m. - 4 pm

You Must Be Joking!!



The local news station was interviewing an 85-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 85, and then about her new husband's occupation.

"He's a funeral director," she answered. "Interesting," the newsman thought...

He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years.

After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

Submitted by Robert Price

"Keeping the Community Connected"

You Must Be Joking!!



Subject: I am a Seenager, and proud of it!
I am a Seenager (Senior teenager)

I have everything that I wanted as a teenager, only 60 years later. I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best.

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared now?

And I don't have acne.

Life is Good! Also, you will feel much more intelligent after reading this, if you are a Seenager.



Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise. And I can whistle songs that have a real tune!

SO THERE!!

Submitted by Robert Price

Jake & Humphreys'

BISTRO

www.jakeandhumphreys.com
Open lunch & dinner Tue-Sat

Licensed under AGCO

196 Peel Street
New Hamburg, ON N3A 1E3
519 662 1143



Getting ready for this year's snowmobiling season has dragged on. I'm sure some of you have questioned why the trails take time to open, so here is a quick explanation.

Once the volunteers of a club repair, rebuild, move, or relocate a trail it must be staked and signed according to the regulations set out by OFSC. Next step is filling out what's called an AO1 form and handing it in to the Golden Triangle. The GTA is an association that monitors the 12 clubs in this area. This step was done on January 5th by our club. Then the groomer who maintains that section of trails travels over the trails and approves that we have indeed built a safe trail. Once our club receives approval, we then can open the trail. The last step is the individual club's deciding if there is enough snow to allow a safe and enjoyable ride. We also need to protect the best interests of the landowners. This year there seemed to be enough snow around the roadways, but when we got out into the fields, we found snow lacking on the hill tops of wheat fields. If we were to damage the crops, our system could collapse if a landowner decides to pull their permission to use the land.

I can't thank the landowners enough for their permission to use their land, which contributes to Ontario's largest trail system. It's over 30,000 km of trails!

The OFSC once again is hosting the FREE Try Our

Trails for Family Day weekend which is February 15th this year. Anyone who has a snowmobile and has not purchased an OFSC Trail Permit can go on the OFSC Website and get a weekend pass to use the trail system. You still must have your sled registered under the MTO and have a valid plate sticker attached. You must also have proof of insurance.

Go to the website, download, and print off your free trial permit and go sledding. Please understand that we still have rules and regulations when you're on our trails. Please stay on the trails and only the trails, and you will stay safe. Open, beautiful, snow-covered fields are off limits. This is a weekend you will see a lot more patrolling of the trails by Trail Patrol, and Police presence. Our local Regional Police operate two sleds, and they also patrol at road crossings.

NithValley Snosurfers also welcomes vintage sleds, 1999 and older, to drop by our clubhouse and have a free coffee on us, supplied by our local Tim Hortons, on Family Day, February 15th. NithValley club is located on the power line in Baden on the trail by the schools. Sorry, you can only reach us by snowmobile.

Once the "Trail Closed" signs are down, GO have fun. If you want to get involved or join our club, go to the website www.nithvalleysnosurfers.com

It's a family affair.



Baden Real Estate Corner

Home Sales Finish Strong in 2015!



According to KWAR, the average sale price is **\$348,888** of all residential sales in 2015. This is an increase of 3.9% in comparison to 2014.

"Thank you Jon for selling our home in such a caring & professional manner."

-Angela & Marc.

Wondering what your property is worth in today's market?



Contact Jon Lambert, your local Real Estate agent today for a

FREE Home Evaluation!



Jon Lambert | Sales Representative | 519.897.1507

RE/MAX Twin City Realty Inc. Brokerage

106 Huron St. New Hamburg, ON

www.jonlambert.ca | jonlambert@remax.net



Part of what I feel strongly about doing as a Lifestyle Coach is educating the public with valuable information you might not readily hear. I want you to be able to make informed choices that help influence your health in positive ways. This seemed like the perfect month to educate readers on a sweet story.

February is yet another month of the year impacted by a sugar-laden holiday. Sweethearts send their loved ones treats full of sugar, and the temptation can be to look for "sugar-free" options to avoid extra calories. I've always had serious reservations about consuming artificial anything, particularly counterfeit ingredients that fall into the sweet category.

Several years ago I dug into the area of *artificial sweeteners* and I became alarmed at what I uncovered. One of the most powerful documentaries I've watched is called, "**Sweet Misery: A Poisoned World**" by Cori Brackett. It is saturated with well studied evidence from doctors and researchers who all agree: artificial sweeteners are very problematic for our health. Several big-name soda companies desperately tried to silence the release of this controversial documentary, as did other companies who have a vested interest in the "sweet" industry. I would urge you to watch this incredible film. It can be viewed here: <https://www.youtube.com/watch?v=KjdApUovUw>

In *Sweet Misery* you will hear:

- Archival footage from G.D. Searle, the producer of aspartame, and federal officials who reveal the propaganda and deceptive "safety studies" that big business used to push aspartame into the market
- Key dialogue with Arthur Evangelista, **a former Food and Drug Administration investigator**, who exposes how far the industry went to legalize the use of aspartame
- Key interviews with doctors and researchers who are increasingly concerned with toxic food additives like aspartame
- Heart-wrenching testimonials from consumers of aspartame who have suffered with many mysterious health issues
- Consumer Attorney Jim Turner's candid report of his exchange with Donald Rumsfeld. **Rumsfeld was the CEO of Searle**, and at the same time, part of Reagan's transition team when the FDA's board of inquiry was overruled to allow

the marketing of Aspartame as a food additive. Prior to this time, aspartame was unanimously rejected by the FDA

Please watch this film if you ever consume diet soda, sugar-free gum, any other artificial sweeteners, MSG or toxic food chemicals. Some of the health problems that can be affected by aspartame include:

- fibromyalgia
- migraines
- depression
- brain cancer
- lymphoma
- MS
- Alzheimer's
- chronic fatigue
- epilepsy/seizures
- vision problems
- heart disease
- impaired kidney function
- and, ironically, weight gain!
- arthritis
- numbness
- bipolar disorder
- Leukemia
- diabetes
- Parkinson's
- lupus
- panic attacks
- hearing loss/tinnitus (ringing in the ears)
- stomach disorders

I would encourage you to become an informed consumer. Don't assume that if an ingredient is in your food it is safe. Food products that contain **aspartame, MSG**, and other excitotoxins are known toxins and research overwhelmingly confirms there are serious health risks associated with these food additives. Read ingredient labels and be informed!

For those interested in doing further research on this topic, please see:

- Russell L. Blaylock, M.D. (neurosurgeon) <http://www.russellblaylockmd.com/>
- Arthur M. Evangelista, PhD. (former FDA Investigator) <http://www.wnho.net/articles-aevangelista.htm>
- David Oliver Rietz, DORway to Discovery <http://www.dorway.com/>
- Cori Brackett, blog <http://sweetremedyradio.blogspot.com/> <http://www.sweetremedy.tv/pages/sweetmisery.html>

I also encourage you to use **ONLY** natural sweeteners (sparingly) that the body biochemically recognizes. Great examples include maple syrup, honey, molasses, sucanat, coconut sugar, and stevia. Enjoy a sweet Valentine's Day with healthy sweet treats that don't compromise your health.

Live Well – Feel Well!

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

Submissions are due on the 1st of each month.



All Flowers & Charm
Flower Shop

Melissa Rabbets
(519) 662-2062
333 Waterloo Street,
New Hamburg, ON N3A 1S6
www.allflowersandcharm.net



Happy Valentine's Day

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

A Women's Day
(for women of all ages)
SATURDAY April 2, 2016

TOPICS

Mental Health - Open Minds
Improve & Maintain Emotional Health of Women

Signs of Spring - Floral Design
Showcasing Artifacts
Past to Present

From Country Heritage Park
Presented by
Waterloo District Women's Institute

At Bethel Evangelical Missionary Church
1531 Bridge Street W., New Dundee

Saturday Night at the Movies

Wilmot Mennonite Church, 2995 Bleams Road

February 20th at 7:00 p. m. Feature - "We Bought a Zoo"

Benjamin has lost his wife. In a bid to start his life over, he purchases a large house that has a zoo. This is welcome news for his daughter, but his son is not happy about it. The zoo is in need of renovation and Benjamin sets about the work with the head keeper, Kelly, and the rest of the zoo staff. But, the zoo soon runs into financial trouble. The staff must get the zoo back to its former glory, pass a zoo inspection, and get it back open to the public.

Free admission. Nursery available but not staffed.

Bring a snack for yourself - Drinks provided.

For further information call (519) 584-7089 or (519) 634-8963

New Hamburg Legion

Branch #532—Boulee Street, New Hamburg



Invites you to join us for ...

Entertainment on Saturday, February 27, 3-7 pm
Kelus Laflamme & The Burning Love Band

Friday March 4th, noon -1
Meat pies & salad, dessert, \$8 ADVANCE
Buy extra meat pies \$4 each

Casual friendly bartender needed ~Contact Brad Sword at
519-662-3770 SIP training required

Keep the Miracles Flowing
Blood Donor Clinics

Steinmann Mennonite Church
1316 Snyder's Road West, In the Fellowship Hall



Canadian Blood Services
it's in you to give

Monday, February 22
1:30 p.m. to 8 p.m.

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



NEW HAMBURG LIONESS
MUSIC NIGHT



WEDNESDAY, MARCH 9TH 6- 8 PM

For all clients of Aldaview and members of our community with a development disability at the New Hamburg Community Centre, Jacob Street.



Singing, dancing and special guest visits!
RSVP: Lioness Shirley @ 519 390-0165

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

Hidden Acres Grandparent & Grandchild Days
March 14th or 15th, 2016

Family Ties

This is a great opportunity for grandparents & grandchildren (grades 1-6) to spend quality time together enjoying interactive programming. This year's theme is "Family Ties" and activities will revolve around family and family traditions.

For more information or to RSVP:
email - info@hiddenacres.ca
Call - (519)625-8602

Hidden Acres Mennonite Camp
1921 Line 37, New Hamburg
www.hiddenacres.ca

OFFICE SPACE FOR LEASE

1100 SQ. FT.

CALL 519-804-9163

Email: ray.roth@saturnpower.com

BLU TOP TAXES

PERSONAL INCOME TAX PREPARATION

Call Sandy of Baden at ...
(519) 214-0297
www.blutoptaxes.com

Senior
& Student
Discounts
Available

E-file

FREE
Pick-up
& Delivery

We're on the Web!
Visit www.badenoutlook.com

Hey! Kids, ages 4-10
You are invited to...

F.R.O.G



Tuesdays, 6:30-8:00 pm
Baden Public School

Spontaneous play, fun group games,
and a short Bible story in the gym.

Everyone is welcome!

contact Sean at
pastor.westhills@gmail.com or
519-634-4993

Provided by
West Hills Fellowship of Baden
and Community Volunteers

New Hamburg Legion

65 Bouleee St.
New Hamburg



Hall Rentals

Call Terri Taylor
662-3834
Or Legion 662-3770



Heritage Pet & Garden

88 Huron St., New Hamburg
519-662-3684

M-W 8:30-6, Th-F 8:30-8 Sat - 8:30-5

February
is Dental
Health
Month



Special on
Oral Care
Products &
Pet Treats

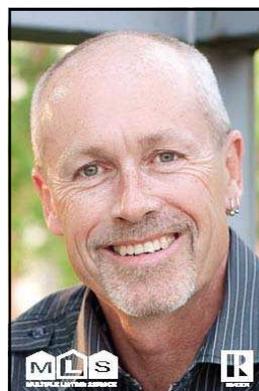
See Our Selection for:

- Seeds & Planting
- Pet Foods & Supplies
- Bird Feeders & Feed
- Decor Items



Certified Dog Groomer

Appointments: Monday, Thursday, Friday



www.RealtorRickCaln.com

With you
for the journey!

Rick Cain
Sales Representative



RE/MAX

Real Estate Centre Inc., Brokerage
720 Westmount Road East
Kitchener, ON N2E 2M6

Each office is independently owned & operated

DIRECT: OFFICE: 519-741-5278
519-502-5278

Donations are essential for our business. We rely on the generosity of our supporters to bring us their clean, saleable items. At the New Hamburg Thrift Centre, we do not purchase items or sell anything on consignment. Typically, donations in January and February tend to be lower, so we encourage our supporters to get a head start on their spring cleaning. This month we interviewed our Receiving Manager, Murray, to better understand how the donation process works.

Murray, what do you like the most about the New Hamburg Thrift Centre? I am amazed at the generosity of our community for their donations, and our volunteers for their time and effort. I have a new understanding of teamwork and how it can make a huge impact when everybody is working toward a common goal and thinking about others more than themselves. I buy my clothes and shoes from the store and my wife is happy to know I save a lot of money!

What is the most interesting donation you have seen? A boat, I never thought anyone would donate such a thing.

What kind of donations do you take? Clothes, shoes, books, housewares, furniture, toys, crafts, small appliances and much more! You can find a detailed list of items on our website. Also, the quality of the donations is important. We are unable to accept items that are ripped, stained, contain pet hair, or with yard sale stickers, as they are not saleable.

What items are not accepted? Due to health regulations and disposal fees, we are unable to accept the following items: baby equipment, large appliances, blinds, curtain rods, drapery hardware, typewriters, building materials, everyday household chemicals, and automotive parts. A detailed list of items is available on our website.

What about seasonal donations? It is very helpful for us when we receive donations that are seasonally appropriate. We have limited storage space and are not able to keep items for long periods of time. For example, we are unable to accept Christmas trees until September.

How does the pick-up service work? We offer a free pick-up service for furniture only. We operate with a volunteer base and for that reason, we only do main floor pickups. Due to a high demand we usually have a waiting list, so I suggest that our donors call one to two weeks in advance to schedule a pick-up. As a final note, I want to thank our community for your generosity. We couldn't do it without you!

Here is a handy check list to use to best help our volunteers when they are sorting your donations:

- | | |
|--|-------|
| My donations are in a saleable condition | _____ |
| My donations are packed with similar items | _____ |
| My donations are seasonal appropriate | _____ |
| Call Murray for a furniture pick up 519-662-2867 | _____ |

At the New Hamburg Thrift Centre we are happy to answer your questions. Feel welcome to give us a call at the store at 519-662-2867, visit our website www.newhamburgthrift.com or send us a message on Facebook. We will be happy to assist you!



NEW HAMBURG THRIFT CENTRE

41 Heritage Drive, New Hamburg
 Tel: 519-662-2867
www.newhamburgthrift.com

Heading South ?



Check out
 our summer wear
 display



All you need for fun in the sun!

REGULAR HOURS

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



All proceeds benefit the work of Mennonite Central Committee

You Must Be Joking!!



An old nun, who was living in a convent next to a construction site, noticed the coarse language of the workers and decided to spend some time with them to correct their ways. And so, she decided she would take her lunch and sit with the workers.

She put her sandwich in a brown bag and walked over to the spot where the men were eating. Sporting a big smile, she walked up to the group and asked: "And, do you men know Jesus Christ?"



They shook their heads and looked at each other, very confused...

One of the workers looked up into the steelworks and yelled out, "Anybody up there know Jesus Christ?"

One of the steelworkers yelled down, "Why?"
 The worker yelled back,
 "Cause his mom's here with his lunch."

Submitted by Bruce Bousher

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

ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden ON

519-634-5191 joanna.e.miller@gmail.com

Pastor Joanna Miller

Sunday Worship 9 am / Sunday School

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

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@gmail.com

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

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

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

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

Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511 www.petersburgchurch.org

* Wheel Chair Accessible *

Worship Service 9:30 am / Sunday School

You Must Be Joking!!

Smiles from the Bible



- Q. What kind of man was Boaz before he married Ruth?
A. Ruthless.
- Q. What do they call pastors in Germany?
A. German Shepherds.
- Q. Who was the greatest financier in the Bible?
A. Noah, he was floating his stock while everyone else was in liquidation.
- Q. Who was the greatest female financier in the Bible?
A. Pharaoh's daughter. She went down to the bank of the Nile and drew out a little prophet.
- Q. What kind of motor vehicles are in the Bible?
A. God drove Adam and Eve out of the Garden in a Fury. David's Triumph was heard throughout the land. Also, probably a Honda, because the apostles were all in one Accord.
- Q. Who was the greatest comedian in the Bible?
A. Samson. He brought the house down.

- Q. What excuse did Adam give to his children as to why he no longer lived in Eden?
A. Your mother ate us out of house and home.
- Q. Which servant of God was the most flagrant lawbreaker in the Bible?
A. Moses. He broke all 10 commandments at once.
- Q. Which area of Palestine was especially wealthy?
A. The area around Jordan. The banks were always overflowing.
- Q. Who is the greatest babysitter mentioned in the Bible?
A. David, he rocked Goliath to a very deep sleep.
- Q. Which Bible character had no parents?
A. Joshua, son of Nun.
- Q. Why didn't they play cards on the Ark?
A. Because Noah was standing on the deck.
- P.S. Did you know it's a sin for a woman to make coffee? Yup, it's in the Bible. It says . . . "He-brews."

Submitted by Jean Shantz

You Must Be Joking!! ~ The Atheist



An atheist was walking through the woods and he said to himself, "What majestic trees! What powerful rivers, and such beautiful animals!"

As he was walking alongside the river, he heard a rustling in the bushes behind him. He turned to look. He saw a 7-foot grizzly bear charging towards him. He ran as fast as he could up the path. He looked over his shoulder and saw that the bear was closing in on him. He looked over his shoulder again and the bear was even closer. He tripped and fell on the ground. He rolled over to pick himself up but saw that the bear was right on top of him and reaching for him with his left paw and raising his right paw to strike him.

At that moment, the Atheist cried out: "Oh my God!"

Time stopped. The bear froze. The forest was silent. As a bright light shone upon the man, a voice came out of the sky.

"You deny my existence for all these years, tell others I don't exist and even credit creation to a cosmic accident. Now you expect me to help you out of this predicament? Am I to count you as a believer?"

The atheist looked directly into the light and said: "It would be hypocritical of me to suddenly ask you to treat me as a Christian now, but perhaps you could make the BEAR a Christian?"

"Very well," said the voice.

The light went out. The sounds of the forest resumed. And the bear dropped his right paw, brought both paws together, bowed his head and spoke:

"Lord bless this food, which I am about to receive from Thy bounty through Christ our Lord, Amen."



Submitted by Robert Price

Respect | Competence | Enthusiasm | Confidence

COLDWELL BANKER

PETER BENNINGER
REALTY, BROKERAGE
Independently Owned & Operated

BLANKA MICHALE
SALES REPRESENTATIVE

📞 519.742.5800 2175
📠 519.500.3316



Happy Family Day!
Have fun!



Our offices utilize current dental technology and techniques to provide the care and treatment you need in the comfort you deserve.

- 3D Imaging for enhanced surgical diagnosis
- Invisalign™ and traditional teeth alignment
- Relaxing sedation options
- Treatment done in office/limited referrals

Family friendly care for you and your loved ones.

Your beautiful, healthy smile is our priority!



visit us @ communitydentalgroups.com

Syrian Refugee Resettlement in Waterloo Region

The purpose of this briefing note is to provide an update on the current situation related to Syrian refugee resettlement in Waterloo Region and to outline the coordinated community response and its framework.

Background

Approximately 25,000 refugees will arrive in Canada before the end of Feb. 2016. They are made up of a combination of privately sponsored and government assisted refugees. They will have permanent resident status in Canada upon arrival.

Waterloo Region is one of six Ontario reception centres for resettlement of government assisted refugees. Many privately sponsored Syrian refugees are also anticipated. We expect to receive more than 1,000 government assisted and privately sponsored refugees over the next several months, with the majority arriving after Jan. 1, 2016. They arrive as permanent residents to Canada and the majority of these refugees will likely resettle permanently into our communities.

Current situation

According to information available from federal and provincial sources as of Jan. 28, 2016:

- * 15,348 Syrians have arrived in Canada
- * 7,481 have settled in Ontario from charter flights
- * 657 (government assisted and privately sponsored) have settled in Waterloo Region, including:
 - Kitchener: 535
 - Waterloo: 44
 - Cambridge: 31
 - Elmira: 22
 - Conestogo: 4
 - New Hamburg: 21

Reception House anticipates receiving a further 63 Syrian newcomers by Feb. 7. Many of the government assisted refugees matched to Waterloo Region are large families (at least 25 families of seven or more). The majority of the adult Syrian refugees who have undergone local language assessment have CLB level 1 English competency and the average length of education is seven to nine years. Few major health concerns have been noted among those treated thus far but more than half of all children screened require significant dental care. Twenty-three GAR families (117 individuals) have moved to their permanent homes so far. An additional 51 GAR families are in need of permanent housing (8 one-bedroom units, 16 two-bedroom units, 20 three-bedroom units, and 7 four-bedroom units). Around 50 GAR children have started to attend school.

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

- ♥ What kind of flowers should you never give on Valentine's Day?
~ Cauliflowers!
- ♥ What did the light bulb say to the other light bulb on Valentine's Day?
~ You turn me on, you light up my life and I love you a watt!
- ♥ Why is Valentine's Day a good day for a party?
~ Because you can really party hearty!

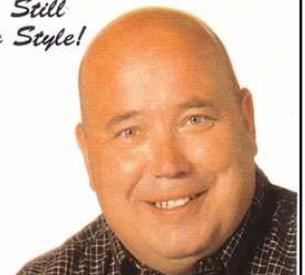
Happy Valentine's Day

PEAK
REALTY LTD., REALTOR
www.peakrealestate.com
Independently Owned and Operated
90 Peel Street, Unit C
New Hamburg, Ontario N3A 1E3

*Where Old Fashioned
Friendliness
is Still
in Style!*

Stephen Murray
Sales Representative

Cell: (519) 502-1962
Bus.: (519) 662-4900
Fax: (519) 662-4911
Email: srmurray@megawire.ca



cell 519 591-7191
 bus. 519 662-4900
 fax 519 662-4911
 troyhoerte@rogers.com

SOLD

Troy Hoerle
 Sales Representative

www.peakrealestate.com
PEAK
 REALTY LTD., BROKERAGE
 90 Peel St. Unit C. New Hamburg, ON. N3A 1E3



Paint Sensations
 Paint. Sip. Create

Connie Rawski
 and
 Phyllis Berwick

connie.rawski@gmail.com
www.paintsensations.com

You are taught how to create your own beautiful work of art!
 February 9th we are teaching a painting class "Birch Trees" at the Scran and Dram in New Hamburg. Check out the website, register for the event on the calendar page. paintsensations.com



You Must Be Joking!!

Canada always ready to help!



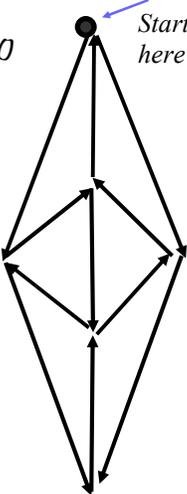
Canada considers supporting the U.S. with the war on terrorism. Prime Minister offers:
 CANADIANS WILL HELP AMERICA WITH THE WAR ON TERRORISM. WE HAVE PLEDGED 2 WARSHIPS, 600 GROUND TROOPS, AND 6 FIGHTER JETS.

AFTER THE AMERICAN EXCHANGE RATE, THEY WILL END UP WITH 2 CANOES, 6 MOUNTIES, AND 3 NORTHERN FLYING SQUIRRELS.

Submitted by Bruce Bousher

Answers from puzzles on page 10

Start here



Answers to Love Wilmot Quiz

- Les Armstrong
- OK Tire
- Vernon Erb
- Ernie Ritz
- Wilby Road
- Interfaith Council Centre
- Luxembourg
- Mannheim
- One Way Water
- The Community Players

HollisWealth^W



Courtney Beach, Associate Financial Advisor

Meet Courtney ...

- ◆ New home owner
- ◆ Always has a book on the go



- ◆ Amateur photographer
- ◆ World traveller

148 Peel St. 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.™ Registered trademark of the Bank of Nova Scotia, used under licence.
 KLT Wealth Management is a personal trade name of Joe Figliomeni



Grand Opening

WELLESLEY Optical

eyewear • contacts • sunglasses

2 PAIRS **\$349** **LIMITED OFFER**
HD Progressive **FRAMES & LENSES**

2 PAIRS **\$199** **LIMITED OFFER**
S.V. HD **FRAMES & LENSES**

UPGRADE TO DESIGNER FRAMES FOR \$49 A PAIR

2 PAIRS **\$159** **LIMITED OFFER**
KIDS S.V. HD **FRAMES & LENSES**

UPGRADE TO DESIGNER FRAMES FOR \$49 A PAIR

Come in and Compare!

2500 Designer Frames to choose from!
 Eye Tests done here

NOW OPEN
 Monday 11am - 6pm; Tuesday 11am - 3pm;
 Thursday 11am - 7pm

No Insurance?
 Ask how we can help.

WELLESLEY Optical

Like us on Follow us on

1212 Queens Bush Road, WELLESLEY 519.656.9800

Above the Post Office at
 35 East Street, Suite 201
 GODERICH
 519-612-1346

2 other locations to serve you

(beside Baden Library)
 125 Snyder's Road E. BADEN
 519.513.2220
 www.badenoptical.ca

More Reasons to Indulge in Chocolate *As Reported by RealAge*



Not that you need another reason to indulge in chocolate (you probably already know it's good for your blood pressure), but isn't it delightful, delicious, and delectable that there is one? Eating chocolate shaves your risk of "cardiometabolic disorders," a cluster of conditions that nobody wants, including heart disease, diabetes, and metabolic syndrome.

Here's the big surprise: We're talking about all kinds of chocolate, not just the dark types. Even milk chocolate and cups of hot cocoa have benefits.

We're also not talking slight improvements. Research reveals that consuming a healthy amount of chocolate reduces your risk of heart disease by 37% and stroke by 29% versus eating little or none. (Not coincidentally, it also lowers your bad LDL cholesterol.) In addition, it shrinks your risk of type 2 diabetes by up to 31%. These impressive numbers emerged from an analysis of seven studies involving more than 100,000 people.

What's in chocolate that makes it so good for you? Loads of potent plant antioxidants called polyphenols, including flavonoids. Yep, the same good-for-you substances found in blueberries, wine, green tea, and olive oil, as well as many fruits, vegetables, and whole grains. Among polyphenols' many powers is the ability to sooth inflammation in your body. Internal hot zones are linked to all kinds of trouble, from memory damage to joint pain and accelerated aging.

A Little "Dose" Will Do Ya
 Like wine, the trick with chocolate is to indulge daily without overindulging. A little goes a long way, because most chocolate contains about 150 calories per ounce, including lots of sugar and fat. Overdo and you could actually increase the health risks you're trying to prevent. In most of these studies, people had an ounce or two a day. Even smarter: Get your fix in a cozy cup of hot chocolate made with real polyphenol-rich cocoa powder, no-fat milk, and sugar-free sweetener. Bingo! All the benefits, none of the bad stuff.



*Eat chocolate, live longer,
 and die happy. Sweet.*

Keeping the Community Connected



Expressway Motors Ltd.

Since 1983

"Where Service Builds Sales"

1554 Haysville Road, HWY 7 & 8 at Peel St.
 New Hamburg, Ontario N3A 1A3
 (519) 662-3900
 www.expresswayford.com

• SALES • SERVICE • LEASING • PARTS
 • AUTO CLEANING




"Additional Location in Stratford"

RRSP Checklist

- A social insurance number and earned income is needed to start an RRSP.
- Contribute to an RRSP by February 29, 2016. Why? To qualify as a 2015 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 2015, 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.
- Note: For 2015, each taxpayer's annual contribution room is calculated as 18 per cent of their 2014 earned income, to a maximum of \$ **24,930**, less any required pension adjustments.
- Determine what amount, if any, you have already contributed to your RRSP for 2015. You may have made contributions throughout the year, or have unused contribution room from previous years that you can use, up to your 2015 RRSP contribution limit.
- Remember to consider group RRSPs. You will receive a 2015 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 3, 2015 to February 29, 2016 inclusive. This includes any amounts you are not deducting on your income tax and benefit return for 2015, and those you are designating as Home Buyers' Plan or Lifelong Learning Plan repayments.

Every situation is different. For advice about the best tax-saving strategies for your personal situation, consult a Chartered Professional Accountant in your community.

RRSPs vs. Tax Free Savings Accounts

RRSPs provide tax deductions for amounts of money contributed up to a certain limit. They also allow earnings on your assets, such as interest on investments within the RRSP, to accumulate tax-free. The funds in your RRSP are only taxed when you withdraw them. This can mean significant savings if you wait to withdraw the funds when your income and marginal tax rate are lower, such as after retirement.

Since 2009, Canadians over age 17 have been able to contribute \$5,000 per year to a Tax Free Savings Account (TFSA). Increases in the contribution amounts are tied to inflation. They only increase when justified, and then only when the accumulated increase amounts to \$500. The maximum amount you could contribute per year rose to \$5,500 in 2013 and to \$10,000 in 2015. However, on December 7, 2015 the Liberal government announced it will return the maximum amount you can contribute per year to \$5,000, indexed to inflation, effective January 1, 2016. This amounts to a maximum contribution of \$5,500 → *continued on next page*

Introducing the all new...

2016 Lincoln MKX



EXPRESSWAY LINCOLN | 1554 Haysville Rd | New Hamburg, ON | 1-519-662-3900 | www.expresswaylincoln.com

RRSP - provided by the Chartered Professional Accountants of Ontario

«continued from previous page»

for 2016 and brings the maximum cumulative total as of January 1, 2016 to \$46,500.

TFSA's are more flexible than RRSPs because you can take money out without affecting your ability to use a TFSA again in future years. Contributions to TFSA's don't give you a tax deduction, but when you withdraw money from them the accumulated contributions and any income you receive are not taxable.

“The one you choose really depends on what your marginal income tax rate is now, and what you expect it will be in retirement,” says Claudio R. Saverino, CPA, CA, a senior tax manager with BDO Canada LLP in Markham. “If you are in a high tax bracket now, and expect to be in a lower one later, RRSP contributions effectively move income that would be taxed at a higher rate now into a lower tax bracket later. This produces both a tax deferral and a tax saving.”

If you are in a low tax bracket now, and expect to be in the same low tax bracket later in retirement, a TFSA might make more sense than an RRSP.

“This is because an RRSP could put you into a higher tax bracket in retirement, while the deduction arising from the contribution now will be at the lower marginal rate,” explains Saverino. “Also, having lower income in retirement may allow you to keep more of your government benefits that are income tested, such as old age security.”

If you have funds now, but think you may need to use them before retirement, contributing to a TFSA temporarily may be wise.

“Contributing to an RRSP and withdrawing the funds soon after is not usually a good idea,” says Saverino. “Although the income and deduction may offset each other, if the contribution and withdrawal are in the same year, this eliminates RRSP contribution room. In this situation, a better plan could be to put the money into a TFSA and then later withdraw and contribute the funds to an RRSP once you are sure you won't need the money until retirement.”



RRSPs: Not just for retirement

RRSPs, while mostly known as retirement planning tools, do have other uses, says Chartered Professional Accountant, David Trahair.

One of the best known uses and benefits is the RRSP Home Buyers' Plan, which allows a person to withdraw up to \$25,000 for the down payment on the purchase of their first home. For a couple, that could mean up to \$50,000.

Although RRSPs are a key investment for many people, they are not the only beneficial method to saving for retirement and building a nest egg. For lower income earners, they may be in a situation where their RRSP contributions currently earn a very small refund and, if their income increases, they may actually be in a higher tax bracket when they retire. In that situation, a tax free savings account (TFSA) is likely the better savings option.

“In my opinion, the tax-free savings account (TFSA) is actually a better vehicle to save for a down payment,” says David. “The RRSP Home Buyers' Plan forces you to re-invest the money withdrawn from your RRSP over a 15-year period. That payback has to happen during a time when you may have a number of other expenses, including the mortgage itself and possibly expenses related to starting a family.”

David also notes that the savings in an RRSP can come in handy during times of financial trouble, if that trouble is accompanied by a drop or loss of income.

“You could use the money in your RRSP as a short-term source of funds during a time where you're unemployed or have health concerns. As long as you withdraw the money during a year when you have low earnings, it's beneficial from a tax point of view and you can start contributing once again when you get back to work.”

Every situation is different. For advice about the best tax-saving strategies for your personal situation, consult a Chartered Professional Accountant in your community.



K.R. ABBOTT
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

90 Wilmot St. New Hamburg
Mail to: PO Box 6003, N3A 2K6
Phone: 519-662-1857
Fax: 519-662-2166
E-Mail: lydiastax@bellnet.ca

MONEYMEASURES INC.
FINANCIAL STRENGTH AND STABILITY

Increasing financial security, saving money and eliminating debt through personal financial forecasting
Financial forecasting for small business startups

Elaine 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



**FUN AND
LAUGHTER,
ONE OF
LIFE'S
GREATEST
SOUNDS.**

**FREE
HEARING
TESTS!
CALL
TODAY!**

**90 DAY RISK FREE TRIAL PERIOD FOR GUARANTEED SATISFACTION
INDEPENDENTLY OWNED AND OPERATED**



608 BELMONT AVE. W., KITCHENER

519.745.5888

TJANA

 **Hemmerich**
HEARING CENTER
HEALTHY HEARING FOR LIFE

10 WATERLOO ST., NEW HAMBURG

519.662.6884

LYNNE



A POEM TO WHICH A SENIOR CAN RELATE

Submitted by R. Price

I remember the bologna of my Childhood,
And the bread that we cut with a knife,
When the Children helped with housework,
And the men went to work not the wife.
The cheese never needed a fridge,
And the bread was so crusty and hot,
The Children were seldom unhappy,
And the Wife was content with her lot.

I remember the milk from the bottle,
With the yummy cream on the top.
Our dinner came hot from the oven,
And not from a freezer or shop.

The kids were a lot more contented,
They didn't need money for kicks,
Just a game with their friends in the road,
And sometimes the Saturday flicks.

I remember the shop on the corner,
Where cookies for pennies were sold
Do you think I'm a bit too nostalgic?
Or is it....I'm just getting Old?
Bathing was done in a wash tub,
With plenty of rich foamy suds
But the ironing seemed never ending
As Mama pressed everyone's "duds."

I remember the slap on my backside,
And the taste of soap if I swore
Anorexia and diets weren't heard of
And we hadn't much choice what we wore.

Do you think that bruised our ego?
Or our initiative was destroyed?
We ate what was put on the table
And I think life was better enjoyed.

You Must Be Joking!!

Riddle of the Day



Arnold Schwarzenegger has a big one.
Michael J. Fox has a small one.
Madonna doesn't have one.
The Pope has one but doesn't use it.
Clinton uses his all the time.
Obama is one.
Mickey Mouse has an unusual one.
Jerry Seinfeld is very proud of his.
Cher claims that she took on 3.
We never saw Lucy use Desi's.

What is it?

Submitted by Robert Price

*Answer: A last name...
what were you thinking?!*

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



Keeping the Community Connected

*With 3000 copies in circulation,
available at 80 pick up locations
within Wilmot Township!*

Chiropractic • Physiotherapy • Massage • Naturopathic • Acupuncture
Pediatric Massage • Active Release Technique • Orthotics

**CHANCE TO WIN
THANK-YOU GIVEAWAY
IPAD MINI!
&
Two FREE 1 Hour Massage**

**5th
ANNIVERSARY!**

livewell
health & wellness
519.634.9819

- HOW TO ENTER**
- Watch for Ballot in your mail
 - Bring it in to LiveWell
 - Drop it in Ballot Box

NOTE: Winners drawn on March 31
Extra chance to win with every completed
appointment until draw date!

Applications being accepted for Physiotherapist position

New Hamburg Wellness Centre Now Offering Laser Therapy!



Innovation In Pain Management

Our Practice is excited to bring this special technology to you.

Discover how this therapy is proven to bio-stimulate tissue repair while reducing treatment time and relieving pain.

If you are suffering from muscle and joint pain, call us to experience this new, non-surgical, drug-free treatment option! New patients welcome.



**New Hamburg
Wellness Centre**

338 Waterloo Street, Unit 9, New Hamburg
519.662.4441 www.nhwc.ca