

JANUARY

2015



VOLUME 15, ISSUE 6

Happy
New Year!



Baden's Monthly Newsletter
"Keeping the Community Connected"

Baden Outlook

Serving the GBA with 2900 copies in circulation.

The Beauty of Winter Wonderland



This paper is priceless - Please have one!

Talking with Ed

I was quite impressed to learn of Jim Pattison and the empire he created. He had a vision and seemed fearless. Let me enlighten you about this man.



Most of the large businesses in Canada are developed by becoming a publicly traded company on various stock exchanges. Shares are offered to establish the much needed cash to grow the company, while the creators hold the majority of the shares and a position of power to control the decision making in order to move the company forward. But what about the privately held companies who grow their business on their own? One such company is the Jim Pattison Group which is the second largest privately held company in Canada with 34,000 employees. Jim Pattison has a wealth estimated at 4.3 billion, amounting to the fifth largest fortune in Canada (according to Forbes) and 248th in the world.

Jim Pattison was born in Luseland, Saskatchewan on October 1, 1928. He grew up in East Vancouver and held many jobs during his high school years including delivering newspapers, picking fruit, and working as a page boy at the Georgia Hotel. After high school he worked in a cannery, a packing house, as a labourer building bridges in the mountains, and as a dining car attendant for Canadian Pacific Railroad. Later he was hired on at a used car lot washing cars and while one of the salesmen was away he sold a car, which was the start of his illustrious career!

In 1961 Mr. Pattison approached a banker for a loan and persuaded him to give him eight times the allowed limit to start his own car dealership. Pattison opened a Pontiac dealership on Main Street in Vancouver. Today he has over 25 dealerships selling 15 brands. All the dealerships are located in western Canada.

In 1965 Jim Pattison took his first plunge into the broadcasting business. He bought CJOR-AM, one of the West's oldest stations (which had been launched in 1923). Today the company owns 40 radio stations and three television stations, all located in the western provinces.

In 1967 Pattison secured ownership of Seaboard Outdoor Advertising and of Neon Products of Vancouver. Today their products include large format Posters (billboards or spectaculars; some of which can be seen on Victoria Street in Kitchener), superboards, street level units, transit advertising (TTC and Guelph Transit to name a few), airport advertising, mall advertising and specialty niche products ... from vinyl appliques to digital advertising networks across Canada. All of this is viewed by two million people a day.

In 1968 Overwaitea Food chain of supermarkets became part of the Pattison Group and in 1969 Pattison purchased Provincial News, an Alberta magazine distributing firm. In 1978 he acquired Mountain City

News. Pattison Group also owns the News Media Group which was purchased in 1996, distributing magazines and books in our area.

1980 saw the launch of Jim Pattison Real Estate Group, the Canadian Fishing Company became part of the Pattison empire in 1984, and in 1985 Pattison moved in another direction with the acquisition of the rights to Ripleys Believe It Or Not. He also purchased the rights to Guinness Book of Records. This is just a small list of the acquisitions that the company has made over the years – they have expanded across Canada and the United States in a big way.

One of the things that makes Jim Pattison stand out to me is his dedication to the community. He donates 10% of his income each year to charities. In July 2013 he donated five million dollars to the Victoria Hospital Foundation. Pattison became CEO and President of the Expo 86 Corporation where he held a full time position for five years without compensation. He has been given the Order of Canada, and the Order of British Columbia. He is extremely successful and dedicated to his community.

So is there anyone that we can relate this to in Baden? Two people come to mind immediately for me. In 1864, James and his brother, John, established the firm J and J Livingston, and by 1867 they operated a flax mill in Baden. By 1872, they were operating a linseed oil mill; within five years they expanded and were running mills in six nearby villages. The Baden linseed oil mill was the largest of its kind in Canada and James, arguably the most successful resident of Wilmot, became known as the "Flax and Oil King of Canada".

James also established ownership of several banks and had an influential political career. He served as the Reeve of Wilmot Township from 1878 to 1882, was elected as a Member of the Provincial Parliament in 1878, and was elected as a Member of the House of Commons in Ottawa in 1882.

The other person, Vernon Erb, started the history of The Erb Group from his childhood dream of being a trucker. It's become a market leader in the refrigerated transportation industry with over 1,300 employees, more than 1,900 pieces of equipment and a network of 10 terminals and three sub-terminals across Canada and in the U.S. Erb Transport has been a supporter of local charities for years. Even with such success there is a connection to the community.

Until next month...Ed

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



Greetings from Headquarters!

Happy 2015! So, off we go into another 12 months, being busy and living life. This is the time of year in which we ponder those familiar annual questions. “Hmm, what are my dreams, goals and desires? What do I need to change—what’s working, what is not?” I’m sure I’m not alone with these thoughts but they are personal, and what works for one may not for another... so there will be no advice given from me!

I am excited though and have great things to look forward to in this upcoming year! Yeah 2015—bring it on!

Thank you to all for sending best wishes for our Christmas, and yes, it was great spending time with family and friends. I love turkey and had my fill, but wish the chocolates and those cookies would disappear ... and not into my mouth!

We trust the Baden residents have received the 2015 Outlook Calendar in the mail and are enjoying the featured archive photos along with the monthly events happening in Wilmot. There are a few left at Mars Variety on Snyder’s Road if you want to get one.

Once in a while, Barry snoops around in ‘Google analytics’ to see who and where our paper is being read. He sure loves stats and marvels at what he finds. We are proud to print and deliver 2900 copies each month and they do get snapped up quickly, but we forget to consider that we have around 700 visits to our website each month as well. December reported that 546 Canadians viewed our site, whether to read the paper or perhaps check their Outlook hockey stats. But oddly, we can see that 56 visits are from ten different regions in Brazil, 19 from the United States, 10 from Italy, with a spattering from around the rest of the world! It’s hard to grasp that our little paper from our small town interests so many. I am wondering if some of these folks have roots from Wilmot Township or whether it is locals travelling; regardless, we say “Hello and Happy New Year” to all of you who are reading the paper right now... wow! Please let us know who you are and tell us about yourself so we could share with our readers, perhaps be online pen pals — that would be fun!



*The boarding on **Flight 2015** has been announced
...Your luggage should only contain the best
souvenirs from 2014 ...*

The bad and sad moments should be set aside ...

*The duration of the flight
will be 12 months.*

So, tighten your seatbelt.

*The next stop-overs will
be: Health, Love, Joy,*

Harmony, Well-being and Peace.

*The captain offers you the following menu which
will be served during the flight....*

A cocktail of Friendship

A serving of Health

A Gratin of Prosperity

A Bowl of Excellent news

A Salad of Success

A Cake of Happiness

All accompanied by bursts of laughter

*Wishing you and your family an enjoyable trip on
board flight 2015!!*



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!*



Baden ~ Our Town

Yeah Baden—Thanks so much for your interest and support with our fundraiser! Four more people have purchased a plank in the "Buy a Plank" program that the BCA has set up to offset the costs of rehabilitating the old pedestrian bridge. See the list of donors to date to the right. The BCA hopes to have the parkette ready and bridge back in place for the next annual Baden Corn Festival.

The Baden Community Association has ordered 42 trees through the Grand River Conservation Authority which will be planted this spring to enhance the look of the parkette, just north of the fire hall on Foundry Street. The variety of trees includes Winterberry, Colorado Spruce, Red Maple, Silky Dogwood, Red Oak, and Tulip Trees. Many of these are saplings and potted trees but larger mature trees will be ordered as well. The BCA has also purchased three six foot benches that will be placed throughout the park to enjoy the riverside property.

Sadly though, over the holidays there were some rascals who stole a car and did a joy ride through the parkette tearing up the newly laid path... and they ended up with the car nose down in the creek. A tow truck was called in to retrieve the vehicle, again tearing up the park grounds.

The Baden Community Association will be hosting another Family Day event at the Wilmot Recreation Centre community room on February 16th. They have purchased an hour of free swim time, to go along with the two hours that Wilmot Township has provided, to ensure that everyone can have time for a swim (1-4). There will also be a free skate from 12:30 to 2:15. Free refreshments will be available from the BCA upstairs from 1-4.

The BCA meets at 7:00 the last Wednesday of each month at the basement of the township hall. We are always happy to have new members who are looking to get more connected with their community. For more information call 519-634-8916 or visit us on Facebook.

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Goal:
\$16,000

\$10,740!

\$8,000
As of
Dec. 1



We are getting there!

Here's the latest
list of donors.



- ◆ BCA - \$4000
- ◆ Region of Waterloo - \$3000
- ◆ Mike Schout - \$2,500
- ◆ Baden Outlook - \$500
- ◆ PW Concrete - \$500

Buy A Plank Donors x \$30

- ◆ George & Elaine Schertzer
- ◆ Ken Alischer & Cindy Dickinson
- ◆ Scott & Crystal Alischer
- ◆ Shane & Cailyn (Alischer) Bowman
- ◆ Shirley Honderich
- ◆ Mary Beth Simms
- ◆ John Haberstroh
- ◆ Eddy Livingston

Hey Baden!

Help us build and beautify your NEW
Foundry Street Parkette!



BUY A PLANK ...

Part of the
Wilmot Trail
System

Park
Benches

Perennial
Gardens

Native
plants and
trees



Another community project by
The Baden Community Association

BUILD A BRIDGE!

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

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

Thank you for the many inquiries about advertising from the big cities. We do appreciate your interest but **our policy is to accept advertising exclusively from within Wilmot Township.** Our publication is small and has space limitations. We have faithful local advertisers we would never sacrifice. We are here to support small business.




"Keeping the Community Connected"



BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

DID YOU KNOW?

 A dental procedure using a B vitamin and UV light inspired a treatment to prevent further thinning of the front part of the eye in people with the eye problem keratoconus (cone-shaped corneas)



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New patients welcome!

After hours eye emergency services

Tues, Wed, Fri 8:30 - 5:30 | Thurs 12 - 8 | Sat 10 - 2
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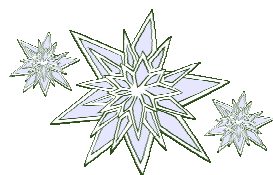
Eye exams – Glasses – Contact Lenses – Lasik Co-Management

Snow Facts

- * An average snowflake is made up of 180 billion molecules of water.
- * Around 12% of the Earth's land surface is covered in permanent snow and ice.
- * Chionophobia is a fear of snow.
- * 10 inches of snow equals one inch of liquid rain.
- * Snow is actually colorless. What little sunlight is absorbed by snow is absorbed uniformly over the wavelengths of visible light thus giving snow its white appearance.
- * The largest one-day snowfall in Western Canada was 145.4 cm, in Taitsa Lake, B.C., in February 1999.
- * In 1971, Revelstoke, B.C. received 2446.5 cm of snow – that equals over 81 feet!
- * A blizzard occurs when you can't see for 1/4 mile. The winds are always 35 miles an hour or more. The storm must last at least 3 hours to be classed as a blizzard. If any of these conditions are less, it is only a snowstorm.

How Big Is A Snowflake?

Most snowflakes are less than one-half inch across. The largest snowflake recorded was 38 centimeters in diameter. All snowflakes have six sides and no two snowflakes are alike.



How Many Snowflake Shapes Are There?

Scientists think that there are five different shapes of snow crystals. A long needle shape, hollow column that is shaped like a six-sided prism, thin and flat six-sided plates, six-pointed stars and intricate dendrites.

What Makes The Different Shapes?

The shape that a snow crystal will take depends on the temperature at which it was formed. When the temperature is around 2°C to -2°C, thin six-sided plates are formed. At -2°C to -6°C long needle shapes are formed. At -6°C to -10°C hollow columns are formed. At -10°C to -14°C six-point stars are formed. At -14°C to -18°C dendrites are formed. The colder it is outside, the smaller the snowflakes that fall. The fluffiest snow falls at temperatures around -7°C.



Checking Out the Baden Library

Come Read With Me Family Storytime:

Tuesdays from Jan. 13 - Mar. 3,
6:30 – 7:15 p.m.

A special storytime for the whole family!
Family-friendly activities help children learn early literacy skills through stories, songs, rhymes, puppets, music, and crafts. Recommended for children ages 3 - 7 years and their caregivers.



1:1 Computer Coaching

Book a free 45 minute session with a computer coach for one-on-one help.

Choose from the following dates at the Baden Branch:

Jan. 13: 10:30 a.m. - 12:30 p.m.

Feb. 3: 2:30 - 5:30 p.m.

March 24: 10 a.m. - 1 p.m. & 2 - 3 p.m.

NEW - Online Registration - Fast. Convenient. Easy.

The library now has online registration for ALL programs.

The library will no longer accept email program registrations.

You may also register by phone, or in person.

NextReads eNewsletters

What to read.....what to read? Looking for some reading suggestions? Go to our website and sign up for **NextReads eNewsletters**. These unique newsletters suggest new releases, upcoming titles and old favorites.

Let's Read

Have you and your child read the Let's Read book selection "Community Soup" by Alma Fullerton yet? When you do, don't forget to enter the draw at the library for a chance to win some great prizes. Also, visit www.letsread.ca to enter the Community Soup contest. You will have a chance to win a gift card for Zoup - The Fresh Soup Company. The contest runs until January 25, 2015 and the winner will be drawn at random.

Questions? Contact us at 519-634-8933 or

badenlib@regionofwaterloo.ca for more information.

Current program/event information is available in our Events Calendar at www.rwlibrary.ca.

Chris Baechler, Assistant Supervisor
Baden Branch



SEWING CLASSES

Any age from 7 through adult.

Do You Want a Fun Winter Project?



You could make mittens, fabric bags, p.j. pants, t-shirts, stuffed toys, make-up bags, pencil cases, doll clothes or something you designed.

Sessions are 4 classes of 1.5 hours.

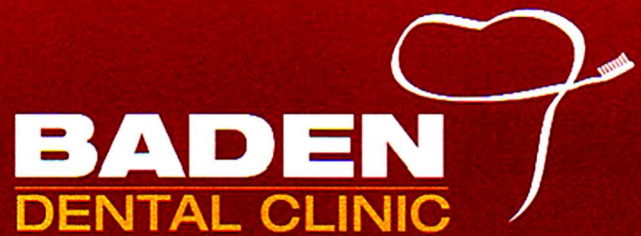
Individuals: \$20 per class.

Bring some friends (adult or child)
and it's \$15 each.

Located one block south of the Wilmot Rec. Centre



For more info or to register, contact
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OLD GEEZER QUIZ - FUN MEMORIES

Oh yes!!
We remember!

Submitted by R. Price

1. In the 50s, if you had a flat rear tire, you often had to remove the?
a. Necker knob
b. Curb feeler
c. Fender skirt

2. What color flash bulbs did Dad use for color film?
a. Blue
b. Pink
c. Plaid

3. What was the parking brake called when you were a kid?
a. Emergency brake
b. Pull Stop
c. Breaker. Breaker.

4. Way before Air Jordan, what was a kid's shoe of choice?
a. Buster Brown
b. PF Flyers
c. Old Stinkers

5. Before the Vapona Strip, what technology was part of most home bug deterrence?
a. Shoe Fly
b. Fly paper
c. 50 mm Phlit gun

6. What was the prevailing method of birth control in the 50s?
a. Heavy lifting and cold showers
b. Fear
c. Girdles and crinoline petticoats

7. Jimmy Durante said what at the end of every show?
a. Aloha, my friends.
b. Good night, Mrs. Calabash, wherever you are.
c. Remember, wherever you go, my nose will get there first.

8. "Popeye the sailor man; Popeye the sailor man. I'm strong to the finish, _ _ _ _ , I'm Popeye the sailor man."
a. cause I eats me spinach
b. my dad was big and Finnish
c. the music a bit tinnish?

9. Ward and June bring what to mind?
a. A popular TV series called Leave it to Beaver
b. A Chicago family of butchers and knife sharpeners called The Cleavers
c. Inventors of the clicker, Jack Ward and Ernest June

10. What was the cheapest way to turn a bicycle into a motorcycle?
a. Baseball cards in the spokes
b. Rig an electric motor with a very long cord
c. Turning left into the path of a Harley

11. Tinker toys date back to when?
a. 1914
b. 1949
c. 1967

12. If we dared to swear and our parents heard us, we immediately found out what _____ tasted like.
a. Meatballs
b. Soap
c. Sarsaparilla

13. What convertible offered an optional radio that automatically increased its volume as the car accelerated?
a. 1912 Franklin
b. 1943 Jeep
c. 1957 Ford Thunderbird



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We hope you didn't fall asleep ...



The answers are on page 8—good luck!

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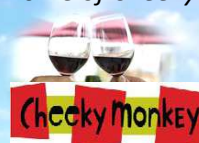
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You Must Be Joking!!

How Catastrophic Weather Affected One Person's Life



We had an outage at my place this morning and my PC, laptop, TV, DVD, iPad & my new surround sound music system were all shut down.

Then I discovered that my iPhone battery was flat and to top it off it was raining outside, so I couldn't play golf.

I went into the kitchen to make coffee and then I remembered that this also needs power.

So I talked with my wife for a few hours. She seems like a nice person.

Submitted by Robert Price

Answers to Old Geezers Quiz from page 7

1. c) Fender skirts, attached to the rear fenders, covered fully half the wheel streamlining the car.
2. a) Blue
3. a) Emergency brake.
4. b) PF Flyers.
5. b) Sticky fly paper hanging from kitchen ceilings was common in many homes until insecticides became available in 40s.
6. c) girdles and crinoline petticoats.
7. b) Good night, Mrs. Calabash, wherever you are.
8. a) cause I eats me spinach
9. a) A popular TV series called Leave it to Beaver,
10. a) Baseball cards in the spokes.
11. a) 1914 good then, 1935 good now, 2000 good always! They're still made today, now by Hasbro.
12. b) Soap.
13. c) 1957 Ford Thunderbird. The option was available only that year.



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Pets are always known as the best friends of humankind. They will always be right beside you no matter what happens. They share happiness and sadness with us. And it is really touching when you see scenes in the movie, *Hachi*, that pets will sacrifice themselves to save their owners or lie sadly without eating or drinking to show their love and loyalty when their

owners pass away or suffer sadness. These scenes are definitely true without any imagination. Dog lovers must see the movie *Hachi* (based on a true story) to see this power of love.

In fact, for nearly 25 years, research has shown that living with pets provides certain health benefits. Pets help lower blood pressure and lessen anxiety. They boost our immunity and help to keep us from feeling lonely.

Did you know there is a National Love Your Pet Day? in Canada it's April 11 and American day is Feb 20...but regardless of the day why not show tribute to our family pets and celebrate a day in their honour!



It doesn't matter the size or breed of your pet, they are dear to the hearts of their owners!



Help Bring Harley Back Home!

LOST PET BIRD!

He is mainly yellow with pale grey wings and chest patches (aka pearly pied) Cockatiel.

His name is Harley and will come to the cat call whistle. Went missing December 13, 2014.



Please keep your ears and eyes out for him. If someone has already found him please do call us as we are desperately searching for our lost family member and are not going to give up. He means so very much to us and it has been extremely hard not having him home. There is a wonderful breeder in St. Clements if you wish to purchase a tame one of your own! Many see him as "just a bird" but he is much more to us-he is our baby and we need him back. Call ANYTIME if you even think you hear something or see something.

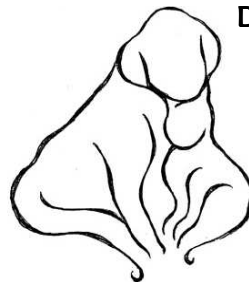
Natalie 519-588-0234 or Tim 519-588-0288.
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New Clients Welcome!



Happy New You!!!

I really hope the Editor didn't get the red pencil out. I really did mean "Happy New You!!!" A new YOU. That's the promise every time you step onto the Yoga mat.

As we work through a Yoga practice, one of our chief goals is to bring body and mind and breath together, so that we can bring focus and awareness to our practice. For that hour of practice, we bend, twist, stretch, and strengthen the body, always taking the mind and the breath along.

For just that hour of practice, we bring body and mind into the here and now. It doesn't matter what is going on in the world outside. It doesn't matter if we arrived with a scattered mind or a sore back or a broken heart. Yoga is the glue that can pull mind, body, and heart together. And we do not always go home healed from one class, but we can feel the beginnings of a new start.

Almost everyone's favourite part of the Yoga class is Savasana. And Savasana is where the magic happens. That is why it breaks a Yoga teacher's heart to have students leave class without Savasana. It seems to be fairly common practice in larger cities, and much to my sorrow it occasionally happens in the classes I teach. It is very sad to me, because folks are missing out on refocusing, recharging, reconnecting, and remembering that they are Human Beings, and not Human Doings.



By Kate Stevely ERYT-200, RYT-500

From time to time we all get caught up in the doing and forget about being. We create long lists of things to do. When was the last time we created a list of things to be? How do we bring focus back to being?

Two Yogic practices that support being, instead of doing, are Sankalpa and Metta.

A Sankalpa is an intention. Not to be confused with those New Year's Resolutions we make and break every January. An intention is something much more constructive. Perhaps we make a Sankalpa to be more mindful of everything that goes into our being. That brings focus to our state of being, and instead of being negative, as in resolving NOT to do something, we have an intention that we can reaffirm often, something that will continually grow stronger. The changes will not be over night, but they will be real, and they will be permanent.

The other practice is Metta. Traditionally there are successive stages of meditation during which one progressively cultivates benevolence towards:

- * oneself
- * a good friend
- * a "neutral" person
- * a difficult person
- * all four of the above equally
- * all beings

Simply, starting with oneself and stating our intentions for personal "being".

May I be peaceful.

May I be happy.

May I be well.

May I be safe.

May I be free from suffering.

And finally bringing those intentions to the universal "being".

May all beings be peaceful.

May all beings be happy.

May all beings be well.

May all beings be safe.

May all beings be free from suffering.

Baden Firefighters Association



Annual Fundraising Dance

St. Agatha Community Centre

Saturday January 24, 2015

8:00pm to 1:00am

\$10.00/Person

**Tickets Available @ Mars Convenience,
or from any Baden Firefighter,
or call 519.465.5886**

**Grand River Transit Bus rides
back to Baden - \$5 per person.**



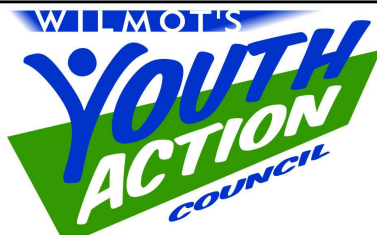
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Happy New Year to Everyone, especially our YOUTH! We are looking forward to a successful 2015 and all that it will be around the Township. We'd like to take a moment to introduce you

to our current Youth Action Council and Junior Youth Action Council, so you can put some lovely faces to our growing group. Our Youth Action Council includes: Sophia Kinch, Lia Humphrey, Rachel Steffler, Casey Jonas, Garner Matthews, Jordan Pauls, Sarah Ruth-Bye, Lindsay Dietrich, Craig Humphrey, Steffie Olheiser, Jessica Frank, Jake Zeigler, Brooke Schuitema, James Heiser-Forlen and Josh Desjardins. Our Junior Youth Action Council members include: Jackie Bender, and Elisa Knight. Both councils are always looking for new members and new ideas! If you are interested please contact us at wilmotsyouthactioncouncil@gmail.com ! As for future events this year, we will be having events on the following dates, so please mark them down: January 31st, February 28th, March 28th and May 23rd. Please stay tuned for more information!

Lastly, I would personally like to thank all of our amazing supporters who help with the Youth Centre and Youth Action Council. Since our opening, we have had overwhelming support from the community through donations from the New Hamburg Community Players and Lowes, Salmon & Gadbois Law Office; volunteer support from the Optimist Clubs in Wilmot and the New Hamburg Lions Club, and the Baden Outlook for being our link to the community. I would also like to take a moment to recognize the parents and family support of our Y.A.C & Jr. Y.A.C. members, as none of this would be possible without you. I truly look forward to learning and growing with you in 2015!

Happy New Year!!

Lacey Smith, Your Youth Action Council Facilitator

The latest addition to Waterloo-Oxford District Secondary School is a bus vestibule, which was constructed to prevent heat loss and save energy costs. The former entrance consisted only of sliding doors opening directly to the outside, so it was quite cold during the winter months. The new bus vestibule provides a sheltered area for students to wait for buses and keeps the interior classrooms and hallways warmer.



The official Grand Opening was Monday, January 5. Cutting the ribbon is Colton Kropf, Grade 9, and cheering him on is Eric Stewart, Grade 10

News from Waterloo-Oxford District Secondary School...

Waterloo-Oxford's Gift of Love was a huge success again this year!

We were so proud to be able to provide 35 full hampers for families in our local community. In addition we were able to provide gifts for 20 teenage girls, 20 teenage boys and 10 unisex teenage gifts. The remaining cash donations will be used to purchase much needed diapers for local families with babies and toddlers. Seen to the right is a photo showing items collected, boxed and loaded onto the truck for delivery to the Wilmot Family Resource Centre.



Seen below is the enthusiastic team who helped make this possible.



Waterloo-Oxford District Secondary School hosted a sold-out crowd of 240 seniors for a wonderful meal and terrific entertainment. The planning, preparation, and serving for our 15th Annual Seniors' Feast is completed by our staff and students.



Valentine's Day
February 14th
Spread the word!



There's a special place
within my heart
that only you can fill.
For you had my love
right from the start
and I know you always will.

This Valentine's Day
let's not spend a fortune
on gifts for each other...
But I know how you
hate to be told what to do!

Even if the sun refused to shine
If romance ran out of rhyme
You would still have my heart
Till the end of time...
I Love You

Though time may change
so many things
I know one thing is true,
Time will never, ever change
the love I feel for you!

Ask Armand ~

Margie asks: Hi Armand, I saw a photo in the 2015 Outlook Calendar about a Woolen Mill on Brubacher Street and wonder if you have any more information about it?

Armands says: Yes Margie, interesting question. The property on Brubacher Street has a long history! Joseph Goldschmidt ran a sawmill in that location from 1829 to 1831- this was the first sawmill in the German Block. The business was sold to Jacob and David Kropf, who operated the mill until a fire in November of 1853 burned the building to the ground. It was rebuilt and David continued until 1862. In 1874 this was converted to a shirt factory and later became a woollen mill. Elias Brubacher and his son Henry owned and operated the mill which burned in 1916. The building was rebuilt by Ed Reick who made cheese in the basement and the upstairs was used a dance hall. In the 30s it became the Baden Electric Chick Hatchery. Their chicks were raised, sold even through the Eaton's catalogue, and shipped to purchasers. In the 50s and 60s it was a meat shop and meat locker with an abattoir at the back of the property. Today it is a residence.



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Interesting People – Meet Master Arrowsmith Bob Bontaine

Baden's Bob Bontaine has been involved in archery all his life! Bob's awards and accomplishments form a long, long list, and include winning the Indoor Men's Canadian and Ontario Pro Championship in 1972 - a title he still held when he retired. His awards are many, including winning the inaugural Bogenshuetzenfest, an archery competition that began with the second Oktoberfest 45 years ago. Bob also helped to start that event, and it continues today as the longest running Kitchener-Waterloo Cultural Oktoberfest event.

In addition to taking the lead in organizing the Bogenshuetzenfest, he was a President and charter member of the Canadian Professional Archers Association. In the late 1960s Bob co-founded, along with fellow archer Rolland Latch, the Junior Olympic Archery Development Program, which now has clubs across Canada. He started the development program now run by the Ontario Association of Archers, and has written a manual on the fundamentals of the sport, called *Basic Archery Made Simple*.

Bob's skill in developing the sport for others is only the beginning. He's attained the level of Master Archer and he is also a Master Arrowsmith who makes arrows for The Bow Shop in Waterloo. Bob was recommended by George Wagner, owner of the Bow Shop of Waterloo to take the certified Arrowsmith course in Peterborough sponsored by Easton Archery. Bob is unaware of any other Master Arrowsmith in Canada, which is quite a distinction.

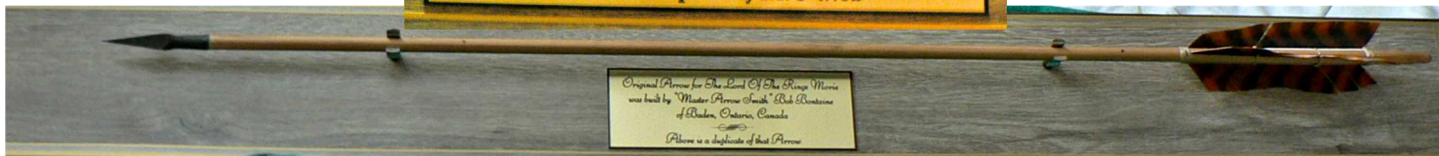
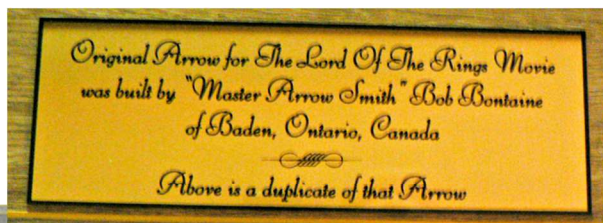
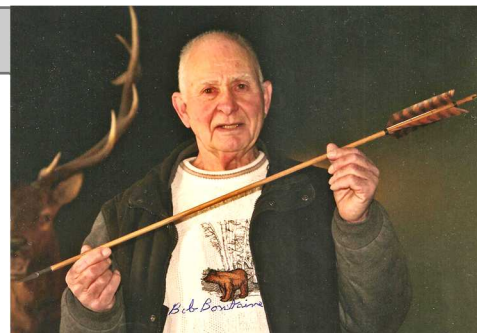
In 2001 the producers of the *Lord of the Rings* trilogy were looking for a Master Arrowsmith to create an arrow that would be digitally duplicated and used exclusively for the trilogy. The Bow Shop in Waterloo was contacted by a museum in Kansas City, Missouri to build an arrow for the movies. Bob created five styles

of arrows that were shipped to California. He felt privileged to be asked to create the arrows.

Creating an arrow is a long process. Bob starts with a case of 1,000 cedar shafts. Next on an arrow spinner, Bob determines balance and straightness, and checks them for usability. About two dozen of the 1,000 make the grade and the rest are made into camp arrows (about 10% are garbage). Next the shaft is stained with a non-glossy stain and the end slot is hand carved. The fletch (feathered portion of the arrow) is attached with self adhesive tape and then wrapped to secure it. Lastly the arrowhead is attached; according to Bob this arrow will last indefinitely if not used.

Nine months ago Stephanie Smith, the daughter of Ron Boorman, a retired professional archer; contacted Bob. Stephanie and Ron established Canada's first archery museum in the summer of 2014 in Vancouver and they contacted Bob to see if he could donate a duplicate arrow that could be displayed in their museum. "*Lord of The Rings* and *The Hunger Games* have increased the popularity of the ancient art," Ron had stated.

Bob agreed and commenced to make six more duplicate arrows, which were proudly mounted on a frame that included a plaque. One was sent to Vancouver (displayed in a glass case), one for Bob, three for his family and one was given to the Baden Outlook-- that we proudly hang in our rec room.



Thank you Bob, we are honoured!

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Baden Outlook Baseball Pool Stats

ADULTS POOL			KIDS POOL		
Place	Name	PTS	Place	Name	PTS
1	Rachel Gondosch	430	1	Aiden Kropf	420
T2	Sue Struth	422	2	Noah Lichti	408
T2	Steven Bechthold	422	3	Evan Bizony	403
T4	EYEMCDN	421	T4	Spencer Boshart	401
T4	Prince of Hidaway	421	T4	Payton Egli	401
6	Ellie Schmitt	419	T6	Kaden Eichler	400
7	Wayne Weicker	418	T6	Ethan Lichti	400
T8	Beth Martin	417	8	Taylor Naumann	398
T8	Sharon Williams	417	T9	Elias Bizony	396
T10	Nick Pokorny	416	T9	Jared Vandervelde	396
T10	Len Mueller	416	11	Cooper Hill	395
T12	Dick Dean	414	12	Dominik Struth	394
T12	Leanne Kropf	414	13	Nathan Boronka	393
T14	Josh Morrison	413	T14	Josh Durrer	392
T14	Justin Williams	413	T14	Jacob Durrer	392
T16	Sharon Horst	412	16	Hayden Jack	391
T16	Don Culbert	412	T17	Joey Durrer	390
T16	Bailey Bechthold	412	T17	Jaimie Usher	390
T19	Sheri Morrison	411	19	Tyson Ruston	388
T19	Mary Pfaff	411	20	Owen Kunkel	386
T21	Tim Wenn	410	21	Meghan Mueller	385
T21	Nancy Wilson	410	T22	Cameron Langer	384
T23	Duane Gingerich	409	T22	Rowan Dibben	384
T23	Liam Boronka	409	T22	Jakob Gingerich	384
T23	Ralph Dahl	409	25	Sheanne McGrath	383
26	Ashley Kunkel	408	26	Paige Naumann	382
T27	Stephen Wenn	406	27	Mitchell Wilhelm	381
T27	Robert Hadley	406	T28	Braedyn Carney	381
T27	Alf Crabbe	406	T28	Jordy Ertel	380
T30	Burt Bizony	405	30	Blake Boshart	379

Congratulations to Rachel Gondosch for taking the lead in this month's Adult Hockey Pool, winning a gift certificate from EJ's Baden Hotel

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

The lucky random draw winner is Steve Bechthold winning a Baden Outlook coat.



Beer Trivia You Must Know!

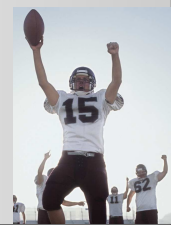
- Did you know that Canada is home to Beersville, New Brunswick, Keg River, Alberta, and Belcher Islands, Nunavut?
- Beer wasn't sold in bottles until 1850. Beer lovers would visit their local tavern with a special bucket, have it filled and then begin the merry journey home.
- Beer is the second most popular beverage in the world, coming in behind tea.



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



You Must Be Joking!!



Of all the jokes, this one has to be one of the best - because it makes football make sense!

A guy took his girlfriend to her first football game. They had great seats right behind their team's bench. After the game, he asked her how she liked it.



"Oh, I really liked it," she replied, "especially the tight pants and all the big muscles, but I just couldn't understand why they were killing each other over 25 cents."

Dumbfounded, her boyfriend asked, "What do you mean?"

"Well, they flipped a coin, one team got it and then for the rest of the game, all they kept screaming was...Get the quarterback! Get the quarterback!"



"I'm like...Hellooooooo? It's only 25 cents!!"

Submitted by Robert Price



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Regular exercise has long been identified as an essential element of good health. Below is a brief summary regarding some of the basic characteristics of a balanced exercise program.

- **Cardiovascular** exercise improves the body's capacity to deliver oxygen to working muscles and organs. It is also a great way to help lose weight and control blood sugar levels. Swimming, interval training, cycling, jogging, and power walking are a few examples. It is recommended that an individual engage in a minimum of 15-30 minutes of cardiovascular exercise at least three times per week.
- **Resistance or strengthening** exercise enhances a muscle's ability to contract and do work. Strengthening exercises can vary from using fitness machines, simple dumbbells at home, rubber bands, or your own body weight. Improving or maintaining strength is important for preserving and building bone density. This can assist in preventing osteoporosis and decrease the risk of fracture from falls. Strengthening exercises can also boost metabolism and help keep a healthy body weight.
- **Flexibility** exercise helps to maintain a joint's complete range of motion. Stretching is the most familiar form of this type of exercise but it can also include activities such as Tai Chi, Pilates, and Yoga. Individuals with arthritic conditions can find this type of exercise extremely beneficial in helping them cope with stiff and painful joints. This type of exercise can also prepare the body for physical activity to help minimize the risk of injury.



The exercise components of **intensity**, **duration**, and **frequency** will influence how one progresses through an exercise program. For example, someone performing the cardiovascular portion of their exercise program of walking will find that after a short while they are able to walk quicker (**intensity**), longer (**duration**), and 5 days a week instead of 3 (**frequency**). This same person also finds that they are progressing in their resistance program because they can now lift a heavier dumbbell (**intensity**), 10 times instead of 6 (**duration**), and 4 times a week instead of 2 (**frequency**). A simple explanation for all of this is that your body is learning through exercise how to adapt to these positive stresses being placed upon it. In order to keep progressing, the body must have a new stimulus placed on it every once in a while. Of course there are limits to this, and sometimes switching the nature of the exercise you perform can be an adequate change in stimulus, resulting in continued health benefits from exercise.



A lifetime of regular **cardiovascular**, **resistance**, and **flexibility** exercise is ideal, but it is never too late to start! If you are over 35, have been sedentary for some time, or have a specific health condition or limitation, consult with a knowledgeable health care provider before beginning any new exercise program. For more information, 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.

Laugh your way into 2015 and lose weight! It's been reported that hearty laughter for 10 to 15 minutes a day will burn about 4 pounds of fat a year! Sure can't hurt to give that a try! Ha ha ha!



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You Must Be Joking!!

MARIJUANA FILLED FIREWOOD
IN NEWFOUNDLAND



"Hello, is this the Police Office?"

"Yes. What can I do for you?"

"I'm calling to report 'bout my neighbour Jack Murphy. He's hidin' marijuana inside his firewood! Don't quite know how he gets it inside them logs, but he's hidin' it there."

"Thank you very much for the call sir. We'll be sure to check it out."

The next day, twelve police officers descend on Jack's house. They search the shed where the firewood is kept. Using axes, they bust open every piece of wood, but find no marijuana.

They sneer at Jack and leave.

Shortly after, the phone rings at Jack's house.

"Hey, Jack! This here's Floyd ... Did the police come?"

"Yeah!"

"Did they chop your firewood?"

"Yep!"

"Happy Birthday, buddy!"



Submitted by Robert Price

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Improving the Health of our Community

The Importance of Effective Communication

By Melodie O'Connell MSW RSW



Communication has become such a vital component of our daily living. We need to express our ideas, likes and dislikes, as well as make requests of others. There are both appropriate and inappropriate ways to communicate with our family, peers, and co-workers.

The term assertiveness has become important in both personal and professional relationships. Assertiveness is defined as expressing yourself effectively, and standing up for your point of view, while respecting the rights and beliefs of others. If we think of communication as a continuum, there is passive communication on one end of the spectrum, aggressive communication on the other end of the spectrum, and assertive communication somewhere in the middle.

Passive communication is when we allow others to make decisions for us, or fail to express our own needs, concerns or ideas. This may result in individuals feeling resentful as their own needs are not being met. If this continues to become the norm, it may also result in feelings of depression or anxiety, as they may feel stuck or possibly out of control. Passive communication usually results in the other person 'winning', while we may feel like we are 'losing'.

On the opposite end of the spectrum, there is aggressive communication. This is defined as expressing our own needs and desires, and not considering the impact that it may have on others. It may also involve putting others down or insulting others. The purpose may be to hurt others or become revengeful. It often involves using phrases that begin with the word *you*. For example, "you always...", or "you never...". When we use aggressive forms of communication, very seldom

do we achieve the desired result. With aggressive communication, we often feel like we are 'winning' while the other person is 'losing'. We may find ourselves in situations in which we feel justified to use aggressive language towards another individual; for example, if we feel that we have been 'wronged' or someone else has taken advantage of us. However, even though we may feel justified, it does not mean that it is okay. It is important to use some self-discipline in these situations, and take the higher road. In the long run, we will feel better about our behaviour than if we allow our impulsive nature to take over for us.

Effective communication is defined as assertive communication. This involves listening to the other person's point of view, while expressing our own in a respectful manner. This method of communication allows an open dialogue which is more likely to work towards achieving our desired result. When utilizing assertive communication, it is important to express our concerns using "I" statements. For example, "I feel hurt when...". This allows us to own our own feelings, and not blame others for how we feel. It enables the other person to respond without feeling threatened. Becoming assertive may take some practice. It involves thinking before speaking, and will require some discipline. However, when we utilize assertive communication, we may notice the positive impact that it could have on many of our relationships.

Melodie O'Connell / melodieoconnell@hotmail.com

Is Nose Mucus Phlegm? No, It's Snot.

It is the time of year when everyone seems congested. Are we all getting a cold or sinus condition, or maybe it's allergies? What's up with all this goop?



Nose mucus info that you just can't be without:

- The body generates about a quart of mucus a day.
- Mucus does serve great purpose; catching dust, fungi, viruses and bacteria before reaching your lungs.
- Almost all of nasal mucus produced gets swallowed.
- Yellow or green mucus often means bacterial infection, while clear watery mucus is typically a virus or an allergy.
- Much of winter air pollution comes from dirty furnaces ducts or from wood stoves making a big job for our nasal passages to filter, hence more mucus production.
- The German word for mucus is *nasenschleim* ("nose slime").
- The air in the average home during winter is twice as dry as the air in the Sahara Desert.





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May you use the gifts that you have received,
and pass on the love that has been given to you.
May you be content with yourself just the way you
are. Let this knowledge settle into your bones, and
allow your soul the freedom to sing,
dance, praise and love.
It is there for each and every one of us.

You Must Be Joking!!



Students in an advanced biology class were taking their mid-term exam. The last question was, "Name seven advantages of mother's milk." The question was worth 70 points or none at all. One student, in particular, had a hard time thinking of seven advantages. However, he wrote:

- 1) It is perfect formula for the child.
 - 2) It provides immunity against several diseases.
 - 3) It is always the right temperature.
 - 4) It is inexpensive.
 - 5) It bonds the child to mother, and vice versa.
 - 6) It is always available as needed.
- And then the student was stuck. Finally, in desperation, just before the bell rang indicating the end of the test, he wrote:
- 7) It comes in two attractive containers and it's high enough off the ground where the cat can't get it.

He got an A.

Submitted by Robert Price

You Must Be Joking!!



Thou shalt never irritate a woman
who can operate a backhoe...

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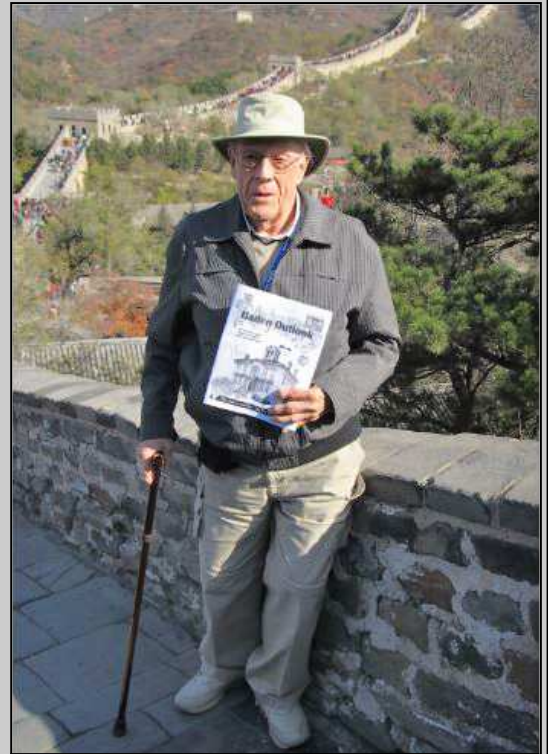
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Wow! More exciting destinations as The Baden Outlook continues to travel ...



The Baden Outlook was an honorary member aboard an Airbus330 over the Atlantic! It's final destination was Paris, with Grant Meadows, where it was passed on to his sister Natalie—a former Baden resident.



Ron Grant took the Baden Outlook on a tour of the Great Wall in China!



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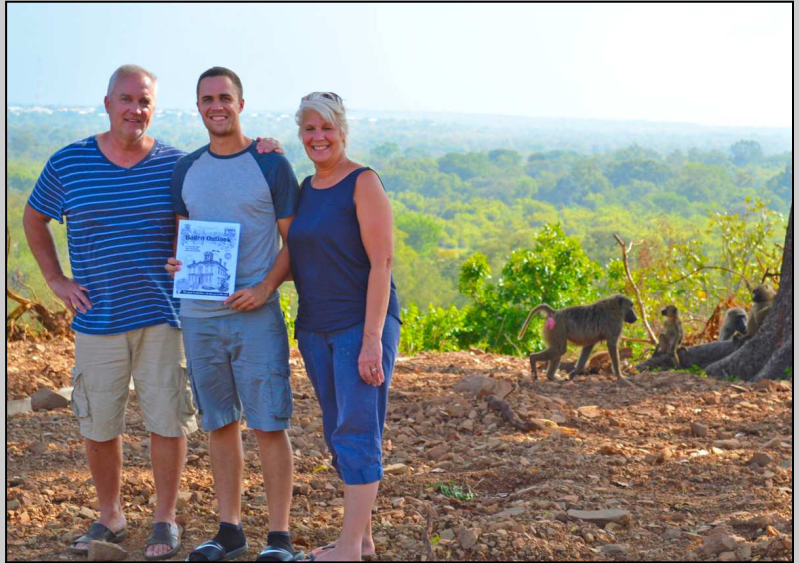
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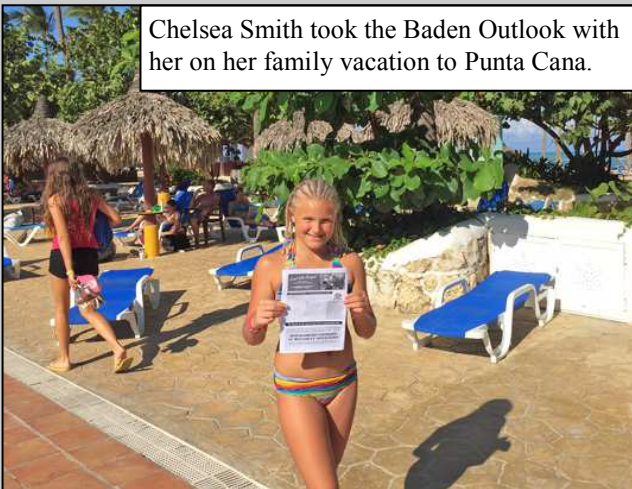
....To China, California, Africa, Punta Cana, France and a local family party!



Donna and Bob Grigg with their son, Jim and daughter-in-law Angie and two grandsons Max and Jack took their Outlook along to Marina del Rey and to the Le Brea Tarpits in Los Angeles, California.



Ron and Margery Suderman recently took their outlook to Mole National Park in Ghana, Africa to visit their son Josh. Josh is currently completing his last year of studies for an International Development degree in Accra, Ghana.



Chelsea Smith took the Baden Outlook with her on her family vacation to Punta Cana.



The Baden Outlook got invited to the "Ugly Sweater Party" and is shown here with losers Ed Wagler and his niece Beth, wearing their NHL jerseys...cheered on by Sue Wagler and Stephanie Cressman.

Happy Valentine's Day!

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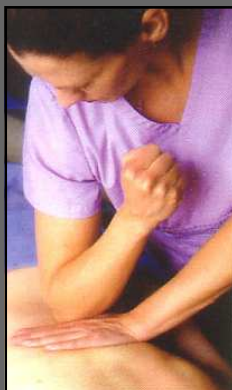
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"Get It Together" ...with Donna & Rhonda



It is hard to believe but we have the clean slate of 2015 lying in front of us! What are we going to do with this "clean slate"? What worked well last year? What do we need to change for this upcoming year?


It is the time of year when we reflect. The key to reflection is to allow it to push us to make a change, because sometimes that is where the reflection falls short. The number one question we receive is, "Where do I start"? I would like to offer you some ideas/tips to help you decide where to start.

We often ask the question, "What is causing you the most frustration?" This is a great place to start. Start somewhere. It doesn't really matter where you start as long as you begin.

Start in a storage area. Sort items into zones, eg., camping, sports equipment, seasonal decorations, etc. The advantage of starting in a storage area is you will make room to store other items from other parts of the house. Don't start with "sentimental items". This may bog you down quickly and may become overwhelming. Focus on a little bit at a time. Don't tackle an entire garage at once. Start with a junk drawer/messy cupboard so you can see immediate results and have a sense of accomplishment. Reward yourself. Decide on a special reward when you have tackled a difficult area. Give yourself a deadline. Pick an area and commit to having it done by the end of January.

The key to organization is to JUST GET STARTED! If you need a boost and/or a fresh set of eyes . . . feel free to contact us at www.heartofthematter.ca.

In order . . . to live a life of purpose



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

*The happiest people don't
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of everything; they just
make the best of
everything they have.*

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Therapist's Corner:

Let's Talk about Health

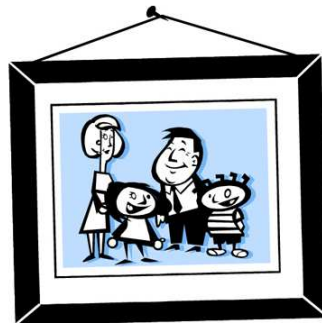
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Dr. Lesley Johnston, ND

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Happy New Year from Baden Minor Ball!

Ignore those cold temperatures outdoors - it's time to think about ball season! Check out our **new website**: it is full of valuable information, very user-friendly and compatible with your phone as well. New in 2015, BMSA is offering the convenience of **online registration**; our new system enables you to register your players any time, any place: do it soon, as we are again offering an early-bird registration draw for a gift certificate for National Sports.

Last season, these community-minded organizations supported BMSA through sponsorship:

Traugott Building Contractors	LiveWell Health and Wellness
Optimist Club of Baden	Josslin Insurance
Yahn Custom Plumbing	Flood's Plumbing and Heating
Septimatech Group, Waterloo	The Baden Outlook
Erb Transport	John Hild Construction
EJ's at Baden Tavern	Network Telecom, Kitchener
No Frills, New Hamburg	Michlynn Schweitzer Photography



*Check out our
new website and
register on-line!*

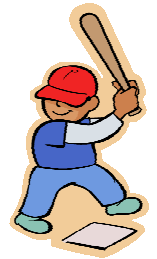
In addition to the positive spirit that comes from supporting local ball players, these businesses enjoyed exposure to thousands of views on our popular website. Your organization can join this special group! Contact us at sponsorship@badenminorball.com.

We are excited to announce that our **Baden Adult Local League** will play weekly games in **Baden** at Beck Park this season! We are also predicting an expansion to eight teams; keep checking our website for more information.

Our **3rd Annual Spring Skills Clinic** will run April 10, 11, 12, 18 and 19 at Sir Adam Beck PS and Waterloo-Oxford DSS. Players from Baden and New Hamburg are already registered; hurry to secure a spot! At \$25, it's a steal!

Please visit badenminorball.com for all the information you'll need for a great season!

Your Baden Minor Softball Association Executive



You're up!



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Combining Finances: What to Consider when “Yours” and “Mine” become “Ours”

It's a new world, especially when it comes to managing money and finances. Two breadwinners are now the norm. People rarely stay with the same employer for more than a few years, let alone a lifetime, and defined benefit pension plans are disappearing faster than last year's iPhone.

As more couples opt for cohabitation rather than marriage, new questions arise about finances, responsibilities, and power balances. Here, Kathy Kruivitsky, CPA, CA, CIM, of WDS Investment Management Ltd. in Ottawa, and Christopher Alexander, CPA, CA, of CJA Professional Services Limited in Oakville, share tips for couples who are considering sharing a life, a home, and maybe some other assets, too.

Know thyself...and thy partner. When entering any kind of asset-mixing, income-blending or money-mingling arrangement, the overriding consideration must be openness and transparency. Know your partner's credit history and money-management mentality before you jump in. “Today, people have more responsibility for their own financial security,” says Kruivitsky. “Don't give that power to someone else or lose control of your assets. Even if you do everything right and your relationship is solid, everyday life can sideswipe you with death, disability, job losses, and so on.”

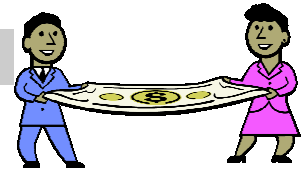
Think coordinating, rather than combining. The goal should be organization and balance. “Ownership and control are two separate things,” Kruivitsky explains. “In the financial trust world, you don't have to ‘own’ to ‘control’, and that control shouldn't all rest on one side of the plate.”

Marriage has its benefits.

The Canada Revenue Agency has its own rules and definitions about what constitutes a spouse and a couple. “Marriage and common-law are not the same thing,” says Kruivitsky. “Do not assume anything without getting legal advice. Spouse is a legal definition under the Income Tax Act, not a choice you get to make. You must ‘tick the box’, and spouses, including same-sex couples, must file their taxes this way. Your legal tax status and income-testing levels determine eligibility for most Canadian tax credits and benefits.” The Guaranteed Income Supplement for seniors, Canada Child Tax Benefit, Canada Learning Bond, and more may all be affected by your relationship status and combined earnings.

Do or have done to you. Be at the table when your financial issues are being discussed and decisions made. Pleading ignorance or lack of interest just won't cut it, and will only land you in hot water if — when — things unravel. Don't leave all the responsibility for paying bills or renewing insurance with one person. Share the load.

Opt for “my” and “our” bank accounts. If the relationship is in any way dicey, keep your money separate. “Draw up an agreement — even if it's only one page — stating who will be responsible for paying what,” says Alexander. Decide whether the bills will be split equally or proportionally, so the one who earns more pays more. Or, set up a joint account for paying shared expenses and each contribute an agreed-upon amount every payday.



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- * Root canal treatment
- * Bleaching/whitening
- * Headache/migraine control (related to TMJ)

Keep your own credit cards. "A good credit history is critical," says Kruivitsky. "Having your own credit cards in your own name and managing them responsibly is one of the best ways to establish and keep a good credit score."

Know the options when it comes to property. When you're buying property with a partner or spouse, there are different kinds of arrangements. "A joint tenancy is one in which both parties have equal interest," says Alexander. "The biggest benefit is that if one of the parties passes away, possession passes to the other. The drawback is that both are responsible for the mortgage, together and separately. The alternative is a tenancy-in-common where each party owns a percentage of the property. But if one dies, their share of the property goes to their estate, not the co-owner."

Don't overlook the security of insurance. Life throws us curve balls. "Especially when one person is financially dependent on the other, like a relationship in which one is home raising the kids while the other is working," says Alexander. "Most people think their house is their most valuable asset; in fact, it's their future earning power. Just as you protect your house with insurance, you should protect your future earning power with disability and life insurance. If you become injured and can't work, or if you pass away, your dependent family could be in big trouble without proper insurance in place."

"Two people tend to buy more and take on more debt than one alone would," says Kruivitsky. "It's just good sense to have enough insurance to protect yourself, your income and your property in the event you lose your partner."

Cover off other assets and investments. Certain investments must be owned separately, like RPPs, RRSPs and TFSAs. "Upon death, RRSPs can roll over tax-free to a spouse, providing the spouse is the listed beneficiary," says Alexander. Spouses may consolidate their TFSA accounts on death by naming a successor holder.

Reduce your tax liability. While you can't file joint tax returns in Canada, there are good tax software packages that help you optimize your returns to your best mutual advantage. "Splitting eligible pensions, medical expenses and charitable donations can help put money back in your pocket," says Alexander. Going together to have your tax returns prepared by a qualified professional is another good way to make sure you stay informed and in control of your money ... and your life.

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Please see the following website for more information. www.genbukan.ca



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Monday, January 19th
New Hamburg Legion from 5 - 8 p.m.
Monday, Feb 23 at
Waterloo Oxford D. S. School from 1:30 - 8 p.m.



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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

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

WILMOT HORTICULTURAL SOCIETY



Monday, February 9 at 7:30 pm
Wilmot Recreation Complex
1291 Nafziger Road, Baden - Mtg Rm A
Topic: How To Grow Roses
Speaker: Roland Craig

Everyone is welcome to attend - No Admission Charge

Saturday Night at the Movies

Wilmot Mennonite Church, 2995 Bleams Road

FAMILY NIGHT

January 17th at 7:00 p. m.

Feature - "The Bouquet" -

Two estranged sisters torn apart by their differences suddenly find themselves working together towards a common goal in this heartwarming drama...For years, overachiever Terri and her idealistic sister, Mandy, have kept their distance from each other.

Free admission. Donations accepted to cover costs.
Bring a snack for yourself - Drinks provided.
For further information call (519) 584-7089

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COMING EVENTS FOR WINTER 2015

Bereavement Support Program

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

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

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

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

Growth Through Marriage

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

Let's talk Mental Health

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

Smoking Cessation

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

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

Fundraising Events:

*Annual General Meeting: March 25th, 2015

*Annual Silent Auction: Saturday April 25th, 2015

*Ladies Night Out: Thursday June 11th, 2015

Interfaith Community Counselling Centre

Please call to register at 519 662-3092

www.interfaithcounselling.ca

Wilmot's Supportive Services ~ Brought to you by —



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New Hamburg & Stratford

Interfaith Community Counselling Centre is Growing!

We have been approved to expand our office and are in need of volunteers to help us with the Building and Renovation Committee.

If you are interested please call the office at 519-662-3092 ext 101.

Thanks for joining us in our next step as we move forward in supporting your community.



**Wilmot Family
Resource Centre Inc.**



PD Day!! Friday, January 30

Bus Trip to...



Youth grades 6 to 10

Pick up: 10:30am - Drop off: 3:45pm

@ Wilmot Rec. Complex

Cost: \$25 includes bus &
Tube Park admission

**Pre-registration is required
Completed forms & payment needed
to secure a space.**

Full details on our website
www.wilmotfamilyresourcecentre.ca

Space is limited sign up early!!

cr4wfrc@bellnet.ca / 519-662-2731

EARLY YEARS PROGRAMMING WINTER 2015

NEW!

INFANT & PARENT DROP-IN: A fun time for families of infants to play and connect with others. Thursday mornings, 10:00-11:30am at WFRM. Once a month a community guest will visit to discuss topics such as infant massage, speech development, early literacy, and more. Starts January 8th.

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

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

CREATIVE TOTS:

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

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

www.wilmotfamilyresourcecentre.ca

A Message Left Behind from The Crabby Old Lady

When an old woman died in the geriatric ward of a nursing home it was believed that she had nothing left of any value. Later, when the nurses were going through her meagre possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital.

This little old woman, with nothing left to give to the world, is now the author of this 'anonymous' poem winging across the Internet.

Crabby Old Lady

*What do you see nurses? ... what do you see?
What are you thinking ... when you're looking at me?
A crabby old lady ... not very wise,
Uncertain of habit ... with faraway eyes?*

*Who dribbles her food ... and makes no reply.
When you say in a loud voice ... 'I do wish you'd try!'
Who seems not to notice ... the things that you do.
And forever is losing ... a sock or shoe?
Who, resisting or not ... lets you do as you will,
With bathing and feeding ... a long day to fill?*

*Is that what you're thinking? ... is that what you see?
Then open your eyes, nurse ... you're not looking at me.
I'll tell you who I am ... as I sit here so still,
As I do at your bidding, ... as I eat at your will.*

*I'm a small girl of ten ... with a father and mother,
Brothers and sisters ... who love one another
A young girl of sixteen ... with wings on her feet.
Dreaming that soon now ... a lover she'll meet.
A bride soon at twenty ... my heart gives a leap.
Remembering, the vows ... that I promised to keep.
At twenty-five, now ... I have young of my own.
Who need me to guide ... a secure happy home
A woman of thirty ... my young now grown fast,
Bound to each other ... with ties that should last.
At forty, my young sons ... have grown and are gone,
But my man is beside me ... to see I don't mourn.
At fifty, once more, ... babies play 'round my knee,
Again, we know children ... my loved one and me.*

*Dark days are upon me ... my husband's now dead.
I look at the future ... and shudder with dread.
For my young are all rearing ... young of their own.
And I think of the years ... and the love that I've known.
I'm now an old woman ... and nature is cruel.
'Tis jest to make old age ... look like a fool.*

*The body, it crumbles ... grace and vigour depart.
There is now a stone ... where I once had a heart.
But inside this old carcass ... a young girl still dwells,
And now and again ... my battered heart swells.*

I remember the joys ... I remember the pain.

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

*And I'm loving and living ... life over again.
I think of the years, all too few ... gone too fast.
And accept the stark fact ... that nothing can last.*

*So open your eyes, people ... open and see.
Not just a crabby old woman ... look closer ... see ME!!
Remember this poem when you next meet an older person who
you might brush aside without looking at the young soul within.
We will all, one day, be there, too!*

Email Submitted by R. Price

New Hamburg Thrift Centre

41 Heritage Drive

New Hamburg

tel: 519-662-2867

www.newhamburgthrift.com



8th Anniversary Sale!

Thursday, January 15

15% off

Everything in the Store!

Includes hand-woven mats, quilts, new crafts,
furniture, clothing, books, etc!
(Silent auction excluded)



All proceeds benefit
the work of
Mennonite Central
Committee

REGULAR HOURS

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

May your days be as glittery as diamond,
may your friends be as good as gold,
may your heart stay as green as
emerald, and may your soul
remain as pure as pearl.



Eight Years and Many More....

Thursday, January 15th marks the eighth anniversary of the New Hamburg Thrift Centre. The new centre is the result of the merger between two MCC thrift shops into one mega store over 8,000 sq feet. This venture began with two smaller MCC owned stores (Clothing & More and Furniture & More) combining to create one large store. Since opening its doors on January 15, 2007 the New Hamburg Thrift Centre has generated sales of \$8,816,680 from quality donated items. That's right! Over 8 million dollars! The support from our local community has been tremendous and very much appreciated by both the staff and volunteer Board of Directors.

Our volunteers are the heart of this organization and the volunteer base has expanded to over 350 since 2007. The Thrift Centre has managed to create its own community within a community to provide a place for volunteers of all ages to come together for friendship, fellowship, and a way to give back.

As word continues to spread about this unique store, the Thrift Centre has become a stop on many bus tours, more and more schools, churches, and community groups that come in for tours and service opportunities.

The Thrift Centre is very active in our local community building relationships and partnerships with other local agencies such as Wilmot Family Resource Centre, John Howard Society, House of Friendship, Region of Waterloo Social Services, Waterloo Oxford DSS, and many more.

Reflecting back on the past eight years, much work has been done and we dream of more that can be done for our own community and globally. We will continue to provide an enjoyable workplace for our valued volunteers, work hard at diverting things from landfill, provide quality merchandise at lower prices, all while raising money to support the work of MCC.

To celebrate this eighth anniversary, the New Hamburg Thrift Centre will hold a **one day only sale with 15% off everything in the store on Thursday, January 15th** from 9 am – 5 pm. This includes mats, quilts, new crafts and all donated items. Drop in, enjoy some refreshments and support the volunteers, MCC, and all those that benefit from this very worthwhile community service.



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Baden Birding ~ NESTING OSPREYS ~ By Wayne Buck

In the spring of 2013, a pair of Ospreys succeeded in getting a few sticks to sit crossways on a pair of crosspieces on 2 very tall wooden poles adjacent to the Nith River on the east side of the bridge near the old Christner homestead. I watched with eager anticipation as the nest grew in circumference and volume being at least 1.0 m across, although it's hard to give an accurate estimate because it's so high up. I learned from the Cornell Lab of Ornithology that the male collects the sticks, often breaking branches off trees as he flies past, and delivers them to the female who arranges them. One day I noticed that one of the pair, presumably the female, was always sitting there on the nest, likely incubating eggs. After 2-3 weeks I saw that she was no longer sitting there when I ran past, presuming that the eggs did not hatch. I wondered if they would try again the following year.

Sure enough, in the spring of 2014 I saw the pair in the vicinity of the same nest, screeching loudly as they flew up and down the river valley. Once again, the female sat on the nest for 2-3 weeks, seldom leaving.

The Cornell website "All About Birds" tells us:



Osprey eggs do not hatch all at once. Rather, the first chick emerges up to five days before the last one. The older hatchling dominates its younger siblings, and can monopolize the food brought by the parents.

If food is abundant, chicks share meals in relative harmony; in times of scarcity, younger ones may starve to death.

When I saw one of the adults, probably the male, delivering fish to the nest, I thought that one or more of the eggs had hatched. Ospreys are one of the only North American hawks that live almost exclusively on LIVE fish that they catch by plunging their whole bodies into the water to depths of almost a metre. They can rise to the surface grasping a

fish with their specially adapted talons and fly away. I have seen them do this. All About Birds tells us that they are successful in catching fish about 1 out of 4 times. After a few weeks, I noticed one or more of the fledglings sitting on the side of the nest, waiting for the adults to deliver more fish. Then they also, started to fly, joining their parents in the search for fish.

Ospreys are migratory birds, flying to Central and South America for the winter, returning to North America in the spring to raise another brood. Ospreys can live 15-20 years. I hope to see them return for many years to come.



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Hinterland Who's Who tells us: "Like many other birds of prey that are high on the food chain, Ospreys throughout the world had breeding problems during the 1950s and 1960s. These problems arose mainly from the then widespread use of organochlorine pesticides, especially DDT which caused thinning of the shells of the eggs, which consequently tended to break under the weight of the female. Since the use of these products has been limited nearly everywhere, populations in areas where there is still suitable nesting habitat for the species have begun to recover. "



Jim and Laurie Arkell

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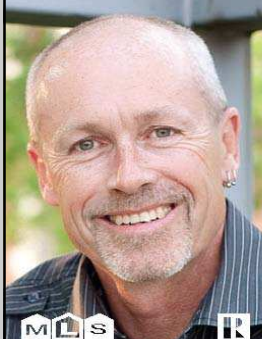
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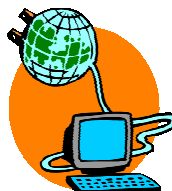
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*"Keeping the
Community Connected"*



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Cook's Corner

Pasta and noodles... another comfort food. I can't imagine that there is anyone who doesn't like pasta. It is versatile, can be eaten hot or cold and the recipes are endless. Pasta comes in many different varieties, shapes, and sizes. It can be made from a variety of flours and vegetables, can be stuffed with cheeses and meats, and can be made fresh or bought in a box, ready to boil. Pasta comes in a variety of shapes, including long forms such as spaghetti or fettuccine, tubular such as elbow or penne, shaped like wagon wheels, and farfalle bow ties, or it can come stuffed like ravioli or tortellini. You can easily create your own recipes according to your pantry supplies...just use your noodle!



Vegetarian Black Bean Bow-Tie Pasta

1 box bowtie or Farfalle pasta
4 tablespoons extra virgin olive oil
1 clove garlic chopped
1 teaspoon fresh oregano chopped
1 butternut squash diced into large pieces
2 zucchini sliced into half moons
1 can black beans
salt and black pepper
1/3 cup Parmesan cheese grated

Instructions: Bring a large pot of water to a boil. In a large skillet, sauté garlic and oregano in olive oil for 1-2 minutes. Add black beans and butternut squash and sauté for 8-10 minutes. Add zucchini and sauté for 2 minutes, season with salt and pepper. Cook pasta 1 minute under required cooking time and reserve 1 cup of the cooking liquid. Add 1 cup of cooking liquid to the sauce and bring to a simmer. Add cooked pasta to the sauce and cook for 1 minute. The sauce should become creamy. Remove from heat and toss with cheese.

Mom's Homemade Egg Noodles

2 1/2 cups all-purpose flour
1 pinch salt
2 eggs, beaten
1/2 cup milk
1 tablespoon butter

In a large bowl, stir together the flour and salt. Add the beaten egg, milk, and butter. Knead dough until smooth, about 5 minutes. Let rest in a covered bowl for 10 minutes.

On a floured surface, roll out to 1/8 or 1/4 inch thickness. Cut into desired lengths and strips. Allow to air dry before cooking (mom hung them on the wash line next to the bed sheets or other laundry that day). Cook fresh pasta in a large pot with boiling salted water cook until al dente.

From there you have the beginning of a wonderful thing... Whether in soup, a casserole or tossed into some melted butter with garlic, salt, pepper and parmesan cheese.

Cathy's Creamy Garlic Pasta

2 tsp olive oil
4 cloves garlic, minced
2 tbsp butter
1/4 tsp salt
1/2 tsp pepper
3 cups chicken stock
1/2 lb spaghetti or angel hair pasta
1 cup grated parmesan cheese
3/4 cup cream
2 tbsp chopped fresh parsley

In a pot, bring the olive oil to medium-low heat. Add the garlic and stir, allowing it to cook for 1-2 minutes. Mix in the butter until melted. Add the salt, pepper and chicken stock. Raise the heat to high and let it come to a boil.

Once it is at a rolling boil, add the pasta and cook as the box's directions indicate. Reduce the stove to medium heat and mix in the parmesan until completely melted. Turn off the heat and stir in the cream and parsley. Serve immediately.

2015

Happy New Year Baden!

Wishing you all the best in 2015...

Michael HARRIS
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