

*Merry Christmas from*  
*The Baden Outlook*

*Keeping the Community Connected with 2900 copies in circulation.*



Baden Santa Claus Parade ~ The perfect dusting of snow enhanced the spirit for the annual parade — See more photos on pages 8-9



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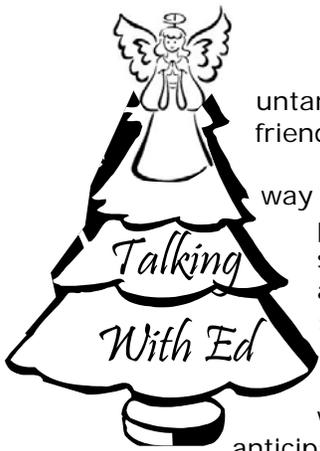
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This paper is priceless,



Please  
 have  
 one!





It's that time of year again when we open the Christmas cupboard, untangle our lights, decorate the tree, and plan time to spend with family and friends to celebrate the birth of Jesus.

Having spent most of my life in retail, I look at Christmas in a different way than I did years ago. At my current store the Christmas music started playing soon after Remembrance Day, so you can imagine how the songs sound after six or seven weeks. Christmas is the busiest time of year for retailers and most stores are bringing out Christmas related items earlier each year. Toy shopping has also changed dramatically over the years. I recall as a youngster waking up really early on Christmas morning, and being told to stay in bed a while longer by my parents. The anticipation was unbelievable—which hasn't

changed over the years for all young ones.

One change is the toys themselves. We once received simple games, with easy instructions where your parents taught and played along; now electronic games are popular, but complicated and not easy to learn or play along with. I did have some favourite toys, but most of them were board games or construction items. I remember spending hours playing with Tinker Toys, Battling Tops, Mouse Trap, Monopoly, etc. Most of those games were meant to be played with others which created a fun family experience—hence these fond memories.



I also remember getting a remote control car that I was very excited about. It had the wire connected to it but I could move it backward and forward and steer it. It was a prehistoric remote control vehicle compared to the current ones. Today there is a definite shift to electronics, which in many ways are power games that are played alone.

Shopping trends have changed as well. When we were purchasing toys for our children (in the 80s and 90s) it was a trip to the Sears toy department or Home Hardware in New Hamburg. Then came the big box stores with a focus on toys (Toys R Us). Not to mention how the rise of Internet shopping has changed shopping forever.

According to *Internet Retailer.com*—and using Toys R Us as an example—their 2012 sales online, were \$1.1 billion, up 10% from 2011, and their store sales were \$8.14 billion which was down 2.9%. Quite a dramatic change when you think of it. Gift cards are also taking a bite out of pre-Christmas shopping.

I ran across a website (<https://donate.mcc.org>) where gifts can be given on behalf of someone. At this site you can donate the gift of hope, health, livelihood, peace, food, water, education, and leadership. Although the kids might not be so excited about the idea, it would be a good learning tool for them, and one day they will understand how valuable a gift it was.

Until next month / year...ED



### Popular Toys Through The Decades

10s	Teddy Bear, Erector Set, Lionel Trains.
20s	Crayola Crayons, Tinker Toy, Raggedy Ann.
30s	Monopoly, View Master Slide Viewer.
40s	Scrabble, Slinky, Silly Putty.
50s	Yahtzee, Barbie, Play Doh, Hula Hoop.
60s	Easy-Bake Oven, G.I. Joe, Etch A Sketch, Rock Em Sock Em Robots, Action Man.
70s	Uno, Dungeons and Dragons, Star Wars, Pong, Connect Four, Speak and Spell.
80s	Rubik's Cube, Koosh Ball, My Little Pony, Teddy Ruxpin, Transformers, Lego, Teenage Mutant Ninja Turtles.
90s	Game Boy, Pog, Beanie Babies, Furby, Tickle Me Elmo, Power Rangers, Buzz Light Year.
2000s	Razor Scooters, Bratz Dolls, Play Station 2, Robo Sapiens, Nintendo DS, X Box 360, Temagotchi Connexions, Play Station 3, Nintendo 3, High School Musical Dance, Ben 10 Alien Chamber.

## 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, Livewell Clinic, Wilmot Rec. Complex, Tim Hortons, Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

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

Over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, Cooks Pharmacy, McDonalds, Kasemann's, Morningside, 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!





*Merry Christmas!*

I had a difficult time sitting to write my article this month; with the focus on Christmas it should have been easy. But as I write this (December 5th) it seems premature to say Merry Christmas. When I received the December submissions, it was the

opportune time to share Christmas greetings and well wishes, but it just felt too early. As we all know, time passes in a blink and Christmas will soon be here and gone. I'm unsure why it feels peculiar, as if it seems insincere or hokey to be flippant with these special messages. Maybe I'm just not ready.

However, there is more going on than Christmas—We were glad for the good turn out at the Firebirds hockey game we sponsored, and were delighted with the national anthem sung by the Baden Public School Choir. And the Firebirds played another great game winning 6-3!

As you will read in this issue and soon will see, there are exciting new developments popping up in town. The loneliness around the former Emporium / Baden Market property on Snyder's Road is coming

## *Season's Greetings from Outlook Headquarters*

back to life (read on page 11 to find out more).

Also there are two new businesses coming to the Village Square, (see page 7) so be sure to extend a warm small town welcome to them. One can only imagine what 2014 will bring to Baden.

Our new computer system is up and running, just waiting for me to sit down and look it in the eye...it seems to be taunting me! It now sits side by side in our office with the old computer, but is looking ominous and leaving me unsure that I'm ready to take it on. But indeed, this is the final issue on our current (now old) computer— *so happy New Year* to me when I face my fear and begin. I have read my email there and played my scrabble games which seem basic, but oh yes—faster! But when I opened the *new and improved updated* publishing program I am to work with—it looks Greek to me. Why oh why can't things stay the same?! That's progress for ya!

If you haven't received your calendar yet, it is on the way—our gift to you sponsored exclusively by Baden businesses. We mail them out to all residents of Baden, and as long as you don't have a 'junk mail' block on your postal box you will receive one. For those who didn't get one they are for sale for \$3 at Baden Eyecare (in the Village Square plaza) and Baden Feed . They feature archive photos of Baden and will make good stocking stuffers. We didn't print them from Outlook headquarters because the thicker glossy paper gives our printers a hard time, so they were costly to have printed. If you get one in the mail and don't want it, please don't toss it in the recycle bin—either call us or take it to Baden Feed or Baden Eyecare. Thank you—we'd sure appreciate that!

And so, with this being said... I am now ready—  
*Have a very Merry Christmas - blessings to you all!*

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***Merry Christmas***  
*from our family to yours*

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# A Hobby That's Become a Christmas Tradition

This Christmas tradition began twenty years ago while visiting a Christmas store in Florida. Dave and Colleen Herner came upon a miniature British village collection that captured their attention. And this is when they purchased their first piece of a hobby that would become the centrepiece of their living room at Christmas time. As they re-arrange the furniture and bring out tables, plywood and tablecloths, they begin to open the boxes and begin to create. It takes



It takes over 35 hours to assemble over 375 pieces, 75 of them buildings. Each building has its own electrical cord and plug-ins connecting them together bringing this glorious village to life.

over 35 hours to assemble the array of pieces, all of which hold a personal story of what they mean and where they were when they bought them. Upon studying the display you will find the Windsor Castle, the Tower of London, St. Paul's Cathedral, Big Ben, Westminster Abbey, taverns, and tea houses to name a few.



A circle of carollers.

They continue to develop their "Department 56—Collectors Mark" and have found Ebay a source for more interesting pieces.

It was a privilege to see this display and also the joy this brings to the Herner family at Christmas time.

Their most recent addition is a baptismal for baby Prince Harry.



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Who's Been Naughty or Nice?



As Christmas approaches, children around the world have Santa on the brain. They're anxiously wondering if they've been overly naughty or sufficiently nice, and eagerly daydreaming about their potential gifts. But how did the jolly, bearded North Pole resident evolve into the cultural icon we know today?

Folklore may have turned Santa Claus into a toy distributor who mans a sleigh led by eight flying reindeer, but he is actually based, loosely, on a real person. Being the patron saint of children, St. Nicholas has long been associated with giving gifts to children. The parallels to the modern day Santa Claus don't end there. In his Dutch form of Sinterklaas he was imagined to carry a staff, ride above the rooftops and have mischievous helpers who listened at chimneys to find out whether children were being bad or good... So—you'd better watch out!

Christmas Dog by Shel Silverstein

Tonight's my first night as a watchdog, and here it is Christmas Eve. The children are sleeping all cozy upstairs, While I'm guardin' the stockin's and tree.

What's that now—footsteps on the rooftop?  
Could it be a cat or a mouse? Who's this down the chimney?  
A thief with a beard—And a big sack for robbin' the house?

I'm barkin', I'm growlin', I'm bitin' his butt.  
He howls and jumps back in his sleigh.  
I scare his strange horses, they leap in the air.  
I've frightened the whole bunch away.

Now the house is all peaceful and quiet again.  
The stockin's are safe as can be. Won't the kiddies be glad when they wake up tomorrow and see how I've guarded the tree.



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# Baden ~ Our Town

The Baden Community Association was happy to be active in the Baden Santa Claus Parade. They helped to line up the floats, organize the visit with Santa, and walked the parade route handing out the freshly popped kettle corn. Over 600 bags were popped and bagged, ready to treat those along the curb.



Glyn Jones, chief corn popper.

Plans are underway for the BCA Family Day event. On February 17th the BCA has teamed up with the Township of Wilmot to offer a free skate from 12:30 to 2:15 and a free swim from 1 to 4 p.m. The BCA will have the large room (on the rink side) for families to mingle and enjoy some drinks and snacks.

The BCA Cornfest committee is back to the table in planning mode organizing for next year's Cornfest. It will shape up to be an even better event as the first year is now under their belt. Stay tuned for more news.

The BCA meets the last Wednesday of each month (excluding December) at 7 p.m. in the basement of the township hall. Feel free to drop by and contribute to your community.



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## You Must Be Joking!



Kids Say the Darnedest Things!

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at



The  
Tooth  
Fairy

a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, 'The tooth fairy will never believe this!'

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# Look What's New!! Be Sure to Welcome these New Businesses!

## Baden Pharmasave Open For Business

Abhay Patel has officially opened the new Baden Pharmasave at the Village Square Plaza. This is his second location, as he purchased the Town Square Pharmasave in New Hamburg on July 1, 2012.

Abhay was raised in Waterloo and completed the chemical engineering course at University of Waterloo. From there he moved to the United Kingdom for seven years where he worked in a pharmacy. He always dreamed of opening his own business, so he moved back to the area and purchased the New Hamburg location.

The Baden store will be smaller than the New Hamburg location but all products will be available through the two locations and delivery. The Baden store will be unique in many ways. It will have its own full service dispensary and more programs will be phased in over time. These include a focus on natural foods and supplements, environmentally sensitive products, and a location for customers to create their own topical products.

Abhay's goal is to become a community focused pharmacy, bringing both traditional and natural medicines together. He will be instituting the Community Pharmacy Program which offers education for customers in areas such as diabetes and anti-coagulation. He would also like to work with local health care givers offering seminars towards preventive health.

The store will be open Monday to Friday 9 to 7, Saturday 10-2 and closed Sunday. Baden resident Linda Fewkes will be the fulltime employee and Neeru Gosain will be the day to day pharmacist. Abhay is the pharmacist in New Hamburg.

## Trambusto Pizza and Pasta Coming Soon!

The final unit of the Village plaza is now rented by Trambusto Pizza and Pasta. This is a franchise restaurant that has an outlet in Vaughan, and will be opening two new locations in Waterloo and Baden. The company has an ambitious plan to open 20 restaurants within a year.

The menu offers freshly made pasta from scratch, Italian salads, and pizza with light and crispy crust made from Romano dough. Most menu items are between \$8 -\$12. They have applied for a liquor licence.

The chain is owned by Tramez Restaurant Corporation which has former Ontario Premier Michael Harris as their chairman of the board.



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




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# Everybody Loves a Parade



## The Baden Santa Claus Parade Winners

- 1st overall: Baden Vet Clinic
- 2nd overall: Baden Business Combo: Innovative Dance, Livewell Health and Wellness, Baden Eyecare Centre, Frost, and Designs By.
- 3rd overall: Steel Band
- #1 family entry: Ralph Gingrich
- #1 children's entry: Sparks and Brownies
- #1 commercial entry: Nith Valley Snow Surfers

*Special thanks to the Baden Community Association and the Optimist Club of Wilmot for their support.*



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## You Must Be Joking!!



**HELLO... We Have Questions...  
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- ◆ Why isn't the number 11 pronounced onety-one?
- ◆ If 4 out of 5 people SUFFER from diarrhea...does that mean that one out of five enjoys it?
- ◆ If a pig loses its voice, is it disgruntled?
- ◆ Why is a person who plays the piano called a pianist, but a person who drives a racecar is not called a racist?
- ◆ If it's true that we are here to help others, then what exactly are the others here for?
- ◆ If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?
- ◆ If Fed Ex and UPS were to merge, would they call it Fed UP?
- ◆ Do Lipton Tea employees take 'coffee breaks?'
- ◆ What hair colour do they put on the driver's licenses of bald men?
- ◆ Canadian mothers feed their babies with tiny little spoons and forks, so do Chinese mothers use Toothpicks?
- ◆ Why do we press harder on the remote control when we know the batteries are getting weak?
- ◆ Why do banks charge a fee due to insufficient funds; when they already know you're broke?
- ◆ Whose cruel idea was it to put an "s" in the word "lisp"?
- ◆ If people evolved from apes, why are there still apes?
- ◆ Why is it that, no matter what colour bubble bath you use, the bubbles are always white?
- ◆ Why is it that no plastic bag will ever open from the first end you try?
- ◆ Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?



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## West Hills Brings New Life to Steinmann-Bechthold-Emporium-Market Building

West Hills Fellowship (a church part of the Baden Family Fun Day) was originally planted in Baden in September, 1991, congregating at the Baden Mennonite Church on Snyder's Road (previously located across the road from the westerly Livingston Boulevard entrance) until a fire destroyed the church in June of 2000. The congregation met temporarily in the basement of the old township hall on Beck Street, but continued the search for a more permanent home.

In 2003 a church building outside of Lisbon affiliated with Zion United Church on Peel Street in New Hamburg became available. West Hills has been worshipping there ever since. The building is a fine facility, but the isolated location took away from a renewed sense of God's calling to be a more community-focused church.

The congregation began discerning a new location, considering New Hamburg and Wellesley, but felt a strong call to return to Baden. They enquired about the old Emporium building, reaching a conditional purchase agreement in June. They hired a building code consultant and began their due diligence. A firm agreement was reached in September and closed at the end of the month.

They are in the process of preparing a building permit application and making plans to remediate some minor soil contamination on the property as good environmental stewards. They hope to begin renovations early in 2014 and perhaps be ready to open the building by Easter weekend in April.

The congregation is most excited about offering their property to the community for use. Their main focus is to engage with the community, and with a centrally located property they hope to have a lot to offer the people of Baden.

The church plans to leave the building as open as possible to maintain flexibility for the public functions. They are excited to be back in Baden and to be part of the community. Pastor Sean East stated "We are only limited by our creativity and resources! We want to be a blessing to Baden."



The east side of the building (the former Bechthold Motors) is 3500 square feet. There is a middle section joining the west section (furniture store), a space behind for offices, and a residence above with a tenant.

The building is rich with history. It has been a funeral parlour, feed and supply store, gas station, Emporium and Market Place and more!



## Ho! Ho! Ho! Checking Out the Baden Library

### Holiday Hours:

Dec. 24: 10 a.m. – 2 p.m.  
Dec. 25 & 26: Closed  
Dec. 28: 10 a.m. – 1 p.m.  
Dec. 31: 10 a.m. – 2 p.m.  
Jan. 1: Closed



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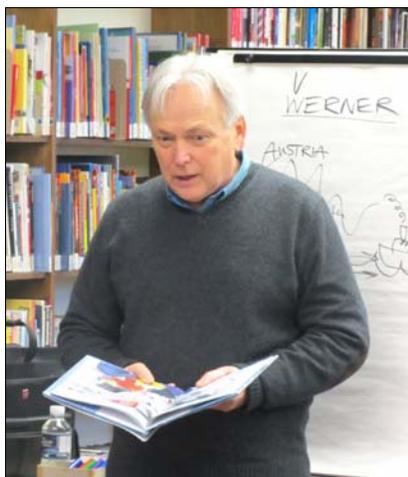
Purchase previously enjoyed magazines (both adult and children's titles) for only 25 cents each or 5 for \$1. Many titles to choose from!

### New Staff – Meet Jennifer and Nancy!!

Jennifer Meyer and her husband moved to Baden a decade ago. She came to the area to do her post-secondary education at Wilfrid Laurier University after growing up in Toronto. She was really attracted to the change of pace and the small town spirit and never went back! Jennifer finds it a wonderful place to raise their two young children. Her hobbies include helping with homework, making dinner, and folding laundry, but she always makes time to read! Though new to the staff at the Baden Branch, Jennifer is not new to the library! She has found it to be exciting to be sitting on the other side of the desk, interacting with members of the community and seeing all the young readers in our town.

Nancy Runstedler grew up in Wellesley and went to Waterloo-Oxford before pursuing post secondary studies. She tried a number of careers before starting with libraries 13 years ago, and has worked with patrons of all ages and backgrounds. She loves music and arts, travelling, reading, eating chocolate daily, writing, and is a published author of two books. She currently resides in Paris, Ontario.

Werner Zimmermann, author and illustrator of *Snow Day!*, this year's Let's Read pick, visited the Baden Library on November 14th. Two Grade Two classes from Sir Adam Beck P.S. were in attendance. Werner shared how he struggled as the slowest reader in Grade Two, vowing he would never pick up another book. Three years later, he reluctantly opened an Enid Blyton adventure book and was "hooked." Now the 'slowest reader in Grade Two' has his name on books!



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## Happy New Year Happenings!

### Come Read With Me!

**Thursdays 6:30 – 7:15 p.m. from Jan. 9 to Feb. 27**

An evening family storytime recommended for children 3 to 7 years old with their parents/caregivers. Read, play games, and learn about literacy in fun ways! Drop in! It's free! Thursdays at 6:30 – 7:15 p.m. from Jan. 9 to Feb. 27, 2014.

**Storytime Programs!** Storytime (for 3 to 5 year olds), Wonderful Ones, Toddler Tales, and Baby & Me all begin the week of Jan. 7, 2014. Contact the library to register your child.

**Kids/Tween Book Clubs!** New members always welcome! The Baden Book Worms is a book club for kids ages 7 to 9. The Awesome Book Club is for tweens ages 10 to 12. Both clubs meet one evening a month. Fun activities, great stories, and more!

*There is always something new at the library!*

Due to space limitations, registration is required for **ALL** Baden Branch programs. Contact us at 519-634-8933 or [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) for more information. Up-to-date information is also available in our Events Calendar at [www.rwlibrary.ca](http://www.rwlibrary.ca).

*Happy Holidays from  
Chris, Jennifer, Rose, Nancy and Katelyn!*



Chris Baechler, Assistant Supervisor—Baden Branch

# LookOut Kids' Korner

Christmas Anagram Jumbles...  
Unscramble the letters to find Christmas related words.

1. ATASN \_\_\_\_\_
2. LEEVS \_\_\_\_\_
3. EKRTUY \_\_\_\_\_
4. STNESERP \_\_\_\_\_
5. DEREINER \_\_\_\_\_
6. KGCNOIST \_\_\_\_\_
7. NACYD AECN \_\_\_\_\_
8. KOOSCIE \_\_\_\_\_
9. NIBROB \_\_\_\_\_
10. LOHLY \_\_\_\_\_

Fun and easy Christmas ornaments that you can make for your parents, teacher, grandma or best friend.



Using plain Christmas balls - dip your thumb in paint to make the face and use a marker to make the antlers, eyes, and nose.



Folding and gluing cupcake liners, adding sparkles and ribbons make fun ornaments

Christmas Quiz. *answers below—no cheating!*

1. Including Rudolph, how many reindeer does Santa have?
2. What is Santa's favourite snack on Christmas eve?
3. How many times does Santa check his list?
4. What are other names for Santa Claus?
5. Who helps Santa make his toys?
6. What words best describe Santa?
7. What is the French word for Christmas?
8. What are Frosty the snowman's eyes made of?
9. What is known to be the Christmas flower?
10. What is traditional to put on top of the Christmas tree?

- Answers to Christmas Quiz
1. Nine
  2. Milk and cookies
  3. Twice
  4. Kris Kringle, St. Nicholas and Father Christmas
  5. Elves
  6. Jolly, Merry, Generous
  7. Noel
  8. Coal
  9. Poinsettia
  10. Star
- Answers to Christmas Jumbles:
1. SANTA
  2. ELVES
  3. TURKEY
  4. PRESENTS
  5. REINDEER
  6. STOCKING
  7. CANDY CANE
  8. COOKIES
  9. RIBBON
  10. HOLLY



## RIVERSIDE LANES



182 Union Street, New Hamburg

### BIRTHDAY BOWLING PARTIES



- ♦ Cosmic Bowling
- ♦ Pizza
- ♦ Beverage
- ♦ Ice Cream



### TEAM SPORTS PACKAGE

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play in the gym

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thirdspaceconnections@gmail.com

## Baden Outlook Hockey Pool Stats

Place	Adults	PTS	Place	Kids	PTS
1	Jim Gilbey	340	1	Taylor Naumann	331
2	Janice Gingerich	327	2	Alyssa Gingerich	323
3	Kimstress	326	3	Tyson Lobo	318
4	Tim Gowland	322	T4	Daniel Kreller	317
T5	Dave Randerson	321	T4	Tate Brenner	317
T5	Bill Fleming	321	6	Rowan Dibben	312
T5	Brad Chard	321	7	Kaidan Peoples	308
8	Joyce Leis	320	8	Calli Storer	307
9	Tyler Randerson	318	T9	Nate Gardner	304
10	Joel Egerdee	316	T9	Brayden Gingerich	304
T11	Craig Tallman	315	T11	Bryn Fournier	301
T11	Geordy Fournier	315	T11	Luke Bennett	301
T13	Bob Good	314	T11	Whitey Moore	301
T13	Hollywood Moore	314	T14	Hunter DeLay	300
15	Brett Gardner	313	T14	Carter Girodat	300
T16	Shawn Storer	311	T14	Madisyn Wilde	300
T16	Bruno Egli	311	T17	Meghan Mueller	299
T16	Baden Bettschen's	311	T17	Kaden Eichler	299
19	Brittney Snyder	310	T17	Kaden	299
T20	Brad Snyder	309	T20	PC Moore	298
T20	Bob Abbott	309	T20	Ben Ziegler	298
T20	Nathen Gibbons	309	T20	Tyson Ruston	298
T20	Rick Miles	309	23	Dominik Struth	296
T20	Bob Forde	309	24	Brielle Dibben	295
25	Don Culbert	308	25	Paige Naumann	294
T26	Brady Sarazin	307	T26	Owen Kunkel	293
T26	Patrick DeLay	307	T26	Kodi Blackshaw	293
T26	Emma Gowland	307	28	Hannah DeLay	292
T26	Larry Gascho	307	T29	Aiden Heinbuch	290
T30	Tom Bennett	305	T29	Jordan Snyder	290
T30	Lindsay Snyder	305	T31	Melanie Austin	286
T32	Laurie Honderich	304	T31	Myla Blackshaw	286
T32	Richard Knaut	304	T33	Tanner Schwartznrbr	285
T34	Larry Brown	303	T33	Carter Alderson	285
T34	Deanna Carney	303	T33	Spencer Boshart	285
36	David Kleine	302	T33	Benjamin Goodyear	285
T37	Anne Blackshaw	301	37	Erin Rooney	282
T37	Tim Austin	301	T38	William Austin	281
T39	Arlene Naumann	300	T38	Brooklynn Hill	281
T39	Steve Jokic	300	T40	Aislynn Giddons	278
T39	Daniel Jutzi	300	T40	Tessa Whitelaw	278
T39	Jen Medeiros	300			
T39	Brady Schmidt	300			
T39	Leanne Kropf	300			

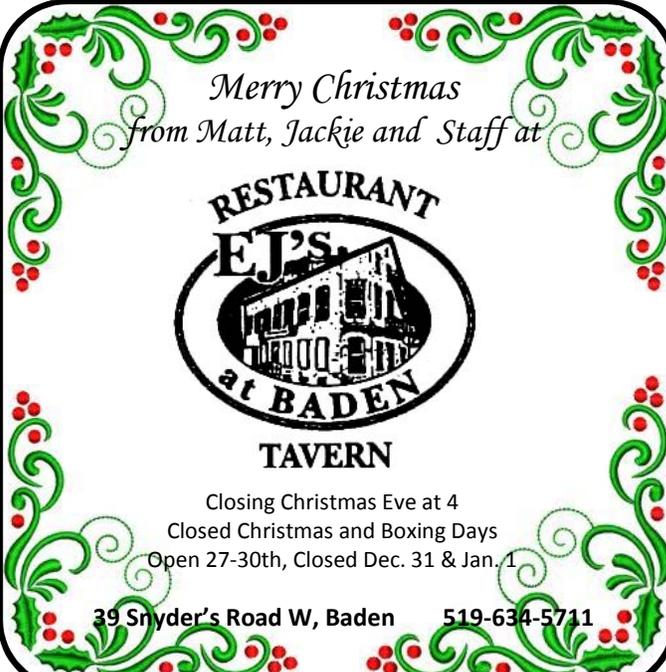


**Congratulations to  
Jim Gilbey for taking the  
Adult Leader Prize for this  
month's Hockey Pool, winning a  
gift certificate from EJ's Tavern.**

**Congratulations to  
Tyson Lobo for taking the Kids  
Leader Prize for this month's  
Hockey Pool, winning a gift  
certificate from Riverside Lanes.**

*(remember Taylor and Alyssa—you can only  
win the monthly leader prize once)*

**The lucky random draw winner is  
Maggie Litwiler winning a  
Baden Outlook shirt.**



*Merry Christmas  
from Matt, Jackie and Staff at*

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Hello sports fans — Thanks for playing hockey with us! There are 316 adults and 71 kids entered in this year's Outlook Hockey Pool. Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow the stats, log on to our website at [www.badenoutlook.com](http://www.badenoutlook.com). Click on sports pool—choose "hockey." The pool I.D. is [outlookhockey](http://outlookhockey) or [outlookkids](http://outlookkids) and the password is [quest](http://quest). To view both pools, you must log out of one to get into the other. The top entries will be listed. Have Fun and Good Luck!





Thanks to all who participated in last months contest for discovering the location of where the photo was taken ~ The picture was taken across from our **Gifts From The Heart** warehouse on the Baden hill - viewed from Gingerich Road on the farm owned by Paul and Heather Ellingham. The winner of the draw was Greg Meyers, Snyder's Road, Baden.



This month: as you can see, this winter photo will be interesting for people to discover where it was taken. A beautiful frosty sunrise provided the perfect setting to shoot this local photo. *Do You Know Where?* Closing date is January 1, 2014. Please email your answer to [rick@giftsfromtheheart.ca](mailto:rick@giftsfromtheheart.ca) to enter the contest for a \$30 gift certificate.

## Ask Armand ~

Jenny from Baden asks: I have seen the beautiful acrylic painting of Christmas at Castle Kilbride. Could you give me a brief history of the painting?



Armand says: That painting was created by the local artist Lance Russworm as a fund raising project for renovations at the Castle in 1993. The edition sold out quickly. Lance has done other work in Wilmot Township, including another Castle painting entitled Garden Party at Kilbride and three local murals that can be seen at the New Hamburg Fire Hall, Ritz Printing in New Hamburg and a scene on the Old Tin Shoppe in Baden which has been torn down.

## Children's Christmas Carols



A teacher asked her students to write the words to their favourite Christmas Carols. Here are some of the humorous lines she received:

- Deck the Halls with Buddy Holly
- We three kings of porridge and tar
- On the first day of Christmas my tulip gave to me
- Later on we'll perspire, as we dream by the fire
- He's makin a list, chicken and rice
- Noel. Noel, Barney's the king of Israel
- With the jelly toast proclaim
- Olive, the other reindeer. (all of the other reindeer)
- Frosty the Snowman is a ferret elf, I say
- Sleep in heavenly peas
- In the meadow we can build a snowman, Then pretend that he is sparse and brown
- You'll go down in listerine
- Oh, what fun it is to ride with one horse, soap and hay
- O come, froggy faithful
- You'll tell Carol, "Be a skunk, I require"

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Merry Christmas from The Baden Outlook

I see the glow of the candles Grandma always had in her kitchen window, and the giant star that hung in ours. The smell of pine, and my brother and I snuggled under the tree, looking up through the branches to coloured lights and sparkling glass balls. The taste of hot Wellesley apple cider with cinnamon sticks, and sitting next to the wood stove in my pjs. The feel of sticky oatmeal dough in my little fingers, making date turnovers because they were Grandpa's favourite. It's funny; the gifts that were so important in the moment didn't stay in my memory. They never mattered as much as the special, cozy time of year. It's the little things that I remember and cherish: the orange in the toe of my stocking every year because it was important to Grandpa, and that Mom always let me hang the porcelain ballerina on the tree myself, very, very carefully.

But then I grew up. My brother and I don't look up through the branches of the tree together any more, but we still drink hot apple cider. Now we wonder what kind of traditions we can create and pass on to our children. If there is one thing my grandparents taught us, it's that we were loved deeply. And that is the centre of what I come back to with Christmas. The Christmas story is about an incredible, unexpected love, showing up on a lonely night far from home.

I find I get really caught up in all the extras of the season. Too much shopping, too much eating, too many parties and obligations. There is pressure to be

everywhere at once, and somehow Peace on Earth is crowded out by the chaos. Last year I tried to resist it all. I tried as many non-traditional ideas as I could, but so much of my energy was spent trying not to be Christmas-y that I forgot the point of it all anyway. I ended up as flustered and exhausted as the years before. This year I'm going to try to love.

I don't believe in Santa Claus. He can stay in his crowded malls with overlaid shoppers, because Christmas isn't about whether you were good or not. I do believe in that unexpected love. Love that is patient and kind, love that protects, trusts and hopes. I believe in the love that gave me oranges in my stocking, that lit candles in the window to drive the dark away, and the love that taught me to make date turnovers. Love that doesn't keep a record of wrongs. Love that shows up, without obligation. Love that brings peace and patience to the hurricane of wrapping paper and sugar-high nieces. This unexpected love, born in a stable, was the beginning of the story that led to the cross. This love is about forgiveness, and new beginnings.



May you give and find love this Christmas. A love that brings peace to the busyness and obligations. A love so powerful, it can forgive. A love that is ready to start again.

## A Doggy Christmas Carol ~

### A DOGGY WONDERLAND

Dog tags ring, are you listenin'?  
In the lane, snow is glistenin'.  
It's yellow, NOT white - I've been there tonight,  
Marking up my winter wonderland.

Smell that tree? That's my fragrance.  
It's a sign for wand'ring vagrants;  
"Avoid where I pee, it's MY pro-per-ty!  
Marked up as my winter wonderland."

In the meadow dad will build a snowman,  
following the classical design.  
Then I'll lift my leg and let it go Man,  
So all the world will know it's  
mine-mine-mine!

Straight from me to the fencepost,  
flows my natural incense boast;  
"Stay off of my TURF,  
this small piece of earth,  
I mark it as my winter wonderland.



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*You Must Be Joking!*

Christmas:  
The time when everyone gets Santamental.

The 3 stages of man:  
He believes in Santa Claus.  
He doesn't believe in Santa Claus.  
He is Santa Claus.



How do sheep in Mexico say Merry Christmas?  
Fleece Navidad!

How would you fire Santa?  
Give him the sack...

If athletes get athletes' foot, what do astronauts get?  
Missile toe!

If Santa rode a motorcycle, what kind would it be?  
A Holly Davidson.

What did Jack Frost say to Frosty the Snowman?  
Have an ice day!

What did one angel say to the other angel?  
Halo there!

What did Santa say when his toys misbehaved?  
Toys will be toys.

What did Santa shout to his toys on Christmas Eve?  
Okay everyone, sack time!!

What did the grape say to the raisin?  
'Tis the season to be jelly.

What do aliens say when they land in the North Pole?  
Take me to your heater.

What do you get if you cross Santa with a detective?  
Santa Clues.



**Jim and Laurie Arkell**

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## The Best and Worst Holiday Treats

How many Christmas parties are you attending this year? We are in full-swing of Christmas Party Season; maybe you have scaled it back from ten or twelve parties last year to five or six this year. Regardless of the number of Christmas parties you plan to attend or host, it is always a good strategy to have a back-up plan when it comes to navigating the sweet treat offerings. Depriving yourself when everyone else is indulging can be psychological suicide; it's going to make you want it even more!

Making it through the holiday season without gaining a pound is a tall order; I think that was why New Year's Resolutions were created, to get a person back on track after a month of food and alcohol temptations. What I want you to take away from this article is that you can have sweet treats; it's knowing which ones are the best choices and why.

In order to help you negotiate this holiday season, I have done the research for you and provided you with the Best and Worst Holiday Treat choices. Your job now is to stick to the plan.

### Worst Holiday Treats:

1. Eggnog: plus any eggnog containing foods (eggnog cheesecake? don't even get me started). Approximately 70% of adults have a sensitivity to dairy foods, and eggnog is hard-core dairy. True eggnog is like batter; the ingredients include raw egg yolks (lots of them), plus milk, cream, sugar, and baking spices. Drinking more than a glass of the stuff would be equal to eating a deep-fried butter ball. Not good; best to avoid this festive drink altogether. A better choice would be some warm apple cider. Save yourself 100 calories, all the fat and a few carbs. Add a cinnamon stick (great for balancing blood sugars) and be proud you made the right decision.
2. Peppermint Ice Cream: ½ cup of ice cream will yield you approximately 140 calories, 7 grams of Fat, 20 grams of Carbs and 1 gram of Protein. Interestingly, Skinny Cow products yield approximately the same amount of calories -however they are higher in fat (14g per ½ cup). All that fat goes straight to your fat

cells and you have to do a lot of cardio to burn that fat off. Alternatively, Lime Sherbet will provide only 100 calories and only 1 gram of fat. Choose the sherbet over the ice cream to watch your waistline.

3. Commercially prepared pies: if your choices are a slice of apple pie or a piece of fruit cake, go for the cake! When I compared a commercially prepared apple pie to a piece of fruit cake here is what I found out;  
Apple Pie – 296 Calories, 14 grams of Fat, 42 grams of Carbs, 2 grams of Protein  
Fruit Cake – 139 Calories, 4 grams of Fat, 26 grams of Carbs, 1 gram of Protein

It would be a lot easier to burn off the 139 calories at the gym than the 296 calories. Think about this the next time you are facing a pie vs. cake dilemma.

### Best Holiday Treats:

1. Apple-Cranberry Crisp: Crisps, rather than pies will provide you with all the sweet yummy goodness of fruit in a whole form, preferably with skins still intact. The fiber from the fruit helps to reduce the spike in blood sugars that can occur when eating a sweet treat. Baking whole apples filled with cinnamon, nutmeg, and nuts also makes for a great alternative to apple pie.
2. Raw food balls: I have seen many recipes lately for raw food balls; Sesame Balls, Almond Balls, Energy Balls. All made with whole raw foods that are ground and blended together, rolled and frozen until ready to eat. No cooking required and tastes as fabulous as truffles!
3. Peppermint Bark: Making your own Bark is easy and a great activity to get the kids involved in. Choosing high quality ingredients such as 70% or higher dark chocolate will also improve your anti-oxidant status and serve to promote a healthy heart. Look for organic candy canes!
4. Gingerbread Cake, Gingerbread Cookies, Ginger Tea: Ginger has wonderful healing properties and adding more ginger to your diet helps to reduce inflammation in your body and soothe your digestive track.
5. Oatmeal Cookies: Good, old fashioned, Oatmeal Cookies prepared with less sugar and using healthy fats such as coconut oil are preferred over shortbread cookies. In contrast, oatmeal is a whole grain which will serve to clean your digestive tract and slow down the release of the sugars into your blood stream keeping you and your loved ones on an even keel. Who doesn't love a home-made Oatmeal Cookie?

Wishing you and your family a Healthy and Happy Holiday Season!

Eat Healthy to Be Healthy

**Disclaimer:** Individual articles are based upon the opinions of this author, who retains copyright. This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Heather McKague-Bandl, ROHP, RNCP. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

**Heather McKague-Bandl**

ROHP, RNCP, Orthomolecular Nutritionist

253 Charlotta St., Baden, ON N3A 4M8

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## "Get It Together"

...with Donna & Rhonda



As we get closer to Christmas, holiday entertaining is gearing up in lots of homes. Here are a few tips to apply anytime of year, but especially during this busy season.

In preparation for guests, tidy the house as time allows, but focus on sparkling clean bathrooms ... that gives the illusion that the whole house is clean.

Pre-think your timetable on what needs to be done for preparation of your meal. Do as much of it in advance as possible and write the rest down on a list on the cupboard. Sometimes it is hard to keep your focus on details when you are also trying to visit with company that is standing around in the kitchen.

Be sure your counters are clear of unnecessary items and that your garbage can and dishwasher are empty.

Talk to your kids ahead of time about who'll sit where to avoid the "he's sitting in my spot" issue. Plan activities for kids who may not have much in common or hire a teen to come in and babysit.

Come up with a standard menu that you can serve for different batches of company; that way when you are doing advance preparation you can double up and save time. That is working smarter, not harder.

Enjoy the blessings of friends and family this Christmas season!

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



*"Keeping the Community Connected"*

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Registration and Open Houses

Monday, January 6, 2014 Wilmot Rec. Centre 1-2 pm

Wed., January 8, 2014 St. George's Anglican Church 7-8 pm

Weekly Beginner Program

Tues. Jan.14, 2014 7-9 pm

Thurs. Jan 16, 2014 10-12 am

St. George's Anglican Church, New Hamburg, ON

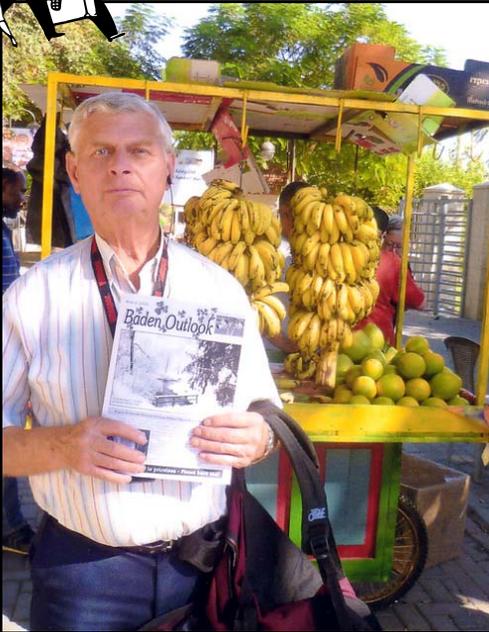
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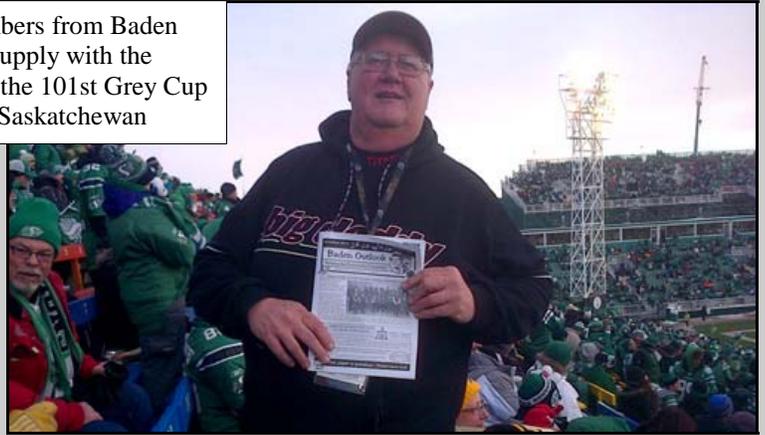
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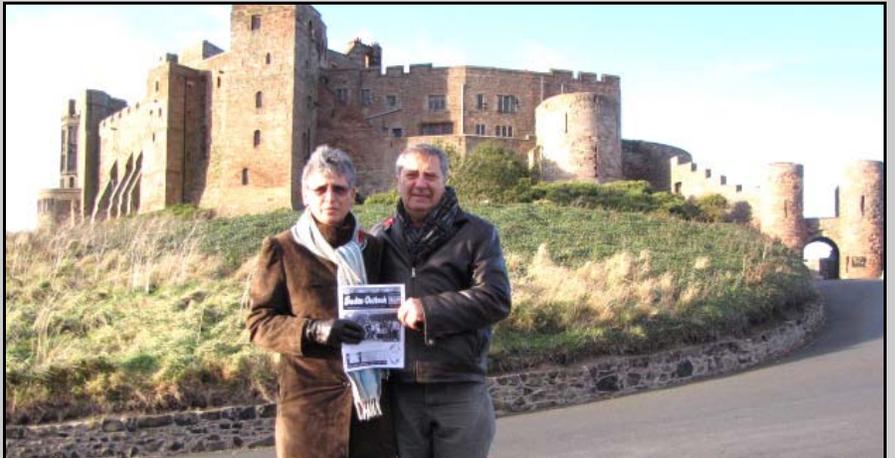
Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



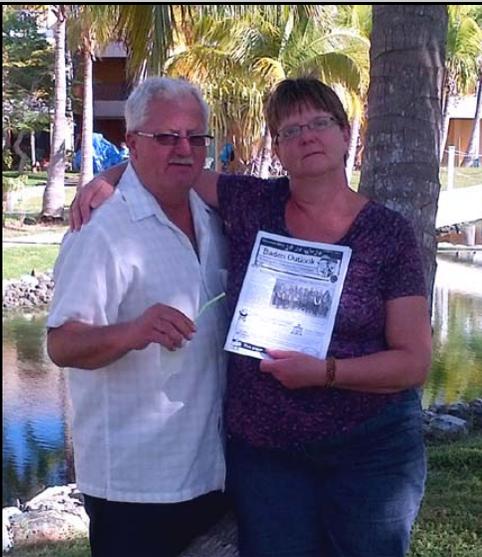
Rick Chambers from Baden Feed and Supply with the Outlook at the 101st Grey Cup in Regina, Saskatchewan



Delmer Bender took his Outlook to Jericho, known to be the oldest city in the world.



Brian and Loretta Whitfield took their Outlook to the Bamburgh Castle site in Northeast England. This 1000 year old castle is quite the tourist attraction.



Rick and Karin Demerling enjoyed some R&R with the Outlook in Cuba.



Ken and Sheila Snyder of Baden and Ivan and Donna Preston (Kitchener) took the Baden Outlook to Ground Zero in New York City.

*Special mention to their Grand kids Lucy, Nathan and Anna-Grace Preston of Baden.*

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A group of locals took the Baden Outlook along on a bus trip to Pennsylvania.



Bill and Ellen Lovell, and Karen and Keith Munn took their Baden Outlook on their recent tour of China, as seen at the Xiling Gorge on the Yangtze River near the Three Gorges Dam.



The Baden Outlook travelled to North Kinangop Kenya to visit The Children of Hope Community Centre. Pictured with some of the children are: Olga Taylor, Helga Tewfik, Lee Dickey, (Kitchener) Allan Grose, Louise Rutledge, Kathryn Murrell (New Hamburg), and Bruce Ward (Stratford).



Remember to pack your Baden Outlook when going on vacation!!



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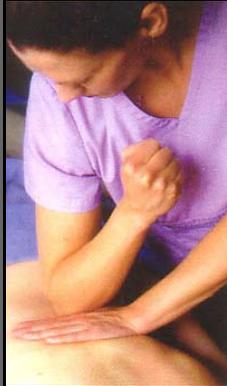
## Linda Langenegger

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And cookies baked, and green wreaths hung  
And carols in the crisp night sung  
This Christmas cannot be as fair  
In homes where there's an empty chair.

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

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

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



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# Cook's Corner

*The season of both sweet and savoury. Enjoy the Christmas turkey with all the fixings and the sweet treats that follow!*

## Pat's Cranberry Nut Chutney

An easy yummy way to dress up your jellied cranberries.

- 1 cup whole berry cranberry sauce
- 1 8 oz can crushed pineapple
- 1 tbsp brown sugar
- 1 tbsp cider vinegar
- ¼ tsp salt, ¼ tsp cinnamon
- ½ cup chopped pecans or walnuts

Cook all ingredients (except nuts) on medium heat till boiling, then stir in nuts.

## Christmas Coleslaw

- 6 cups shredded green cabbage
- 6 cups shredded red cabbage
- 3 thinly sliced green onions
- 1 julienned sweet red pepper
- ¼ cup dried currants or raisins

Toss ingredients together in large bowl, pour dressing over and toss. Refrigerate overnight.

## Dressing:

- 3 tbsp cider vinegar
- 2 tbsp sweet mustard
- 1 tbsp brown sugar
- 1/3 cup vegetable oil
- ½ tsp salt
- ¼ tsp pepper
- Dash hot pepper sauce
- Whisk ingredients together until smooth

## Almond Bark

- 1 cup butter, melted
  - 1 cup brown sugar
- Boil and cook together for 4 minutes.

Place unsalted soda crackers to fit a foil covered cookie sheet. Pour brown sugar/butter mixture over crackers and spread evenly.

Bake at 350 for 10 - 12 min., making sure it doesn't burn.

While warm, spread 1½ cup semi sweet or milk chocolate chipits evenly over crackers. Spread out chipits and sprinkle with shaved or slivered almonds. (optional)

Refrigerate for 2 hr. Break apart and enjoy.

Submitted by Dorothy Shantz



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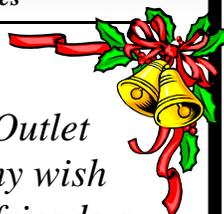
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**NEW HAMBURG STUDENT ADVANCES IN 2013 LIONS INTERNATIONAL PEACE POSTER CONTEST**

Greg Yeoman, a grade 8 student at Forest Glen Public School, has taken the first step to becoming an internationally recognized artist by winning a local competition sponsored by the New Hamburg Lions and Lioness Clubs.

Greg's poster is among more than 375,000 entries submitted worldwide in the 26<sup>th</sup> annual Lions International Peace Poster Contest, which is open to 11 to 13 year-olds. Lions Clubs International sponsors the contest to emphasize the importance of world peace to young people everywhere.

"Give peace a chance," the 13 year-old from New Hamburg said. The poster was selected for its originality, artistic merit, and portrayal of the contest theme, "Our World, Our Future."

The judges said they were impressed by the creativity of the students at Forest Glen Public School, and thankful to Principal Mark Drummond, and art teacher Michelle Kleinschuck for promoting the contest at their school.

Greg's poster will advance to face stiff competition through the district, multiple district, and international rounds of competition if he is to be declared the international grand prize winner. One grand prize winner and 23 merit award winners will be selected. The grand prize includes a cash award of \$5,000 (US), plus a trip for the winner and two family members to the awards ceremony at Lions Day with the United Nations. The 23 merit award winners will each receive a certificate and a cash award of \$500 (US).

"Our club is cheering for Greg as his poster advances in the competition, and we hope that his vision will ultimately be shared with others around the world," Lioness Club President Ellen Moore said. "We are hoping that more schools will be involved in the 2014 contest." For more details, contact 519-662-1555. View international grand prize and merit award winners at [www.lionsclubs.org](http://www.lionsclubs.org). Lions Clubs International is the world's largest service club organization with 1.35 million members in more than 46,000 clubs in 207 countries and geographic areas. In addition to its efforts toward conquering blindness, the organization has made a strong commitment to community service and helping youth throughout the world.



Standing in front of the winning New Hamburg Peace Poster are: Forest Glen Vice Principal Nick Chiarelli, Peace Poster winner Greg Yeoman, art teacher Michele Kleinschuck, and Principal Mark Drummond

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

## WCSSA Senior Girls' Basketball Champions at Waterloo-Oxford District Secondary School

On November 13, the team brought home the first-ever Senior Girls' WCSSAA basketball championship in the history of Waterloo-Oxford. The Crusaders capped a perfect 15-0 WCSSAA season with a win over Jacob Hespler to capture the title. The girls were repeating history, as two years ago, they were the Junior WCSSAA and CWOSSA champions. The team was led by their star point guard, Maddie Horst, who had 17 points, 8 rebounds, and 7 assists. It has been a whole team effort throughout the fall with every player contributing to the perfect record. Congratulations Crusaders!



Photo taken by Michelle Reiner

Back Row—Left to Right: Mr. Gavin Albrecht, Coach, Peyton Hofstetter, Kiria Shantz, Jordan Killing, Kyla Burrough, Libby Brenneman, Emily Glendinning, Tess Pettigrew, Mr. Dustin Van Houwelingen  
 Front Row—Left to Right: Rylee Mitchell-Becker, Becca Payne, Alisha Glendinning, Maddie Horst, Hannah Appleton

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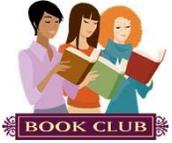
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# Erb



## Baden Book Club ~ Please Join Us!



Greetings Baden Readers:  
You are invited to a morning book club "tea".  
Thursday, December 19th  
9:30 am at 99 Snyder's Road West.

Theme: The Wise Men were guided by a star that led them to their destination. What books are you reading/have you read that have been significant in guiding and leading you? These could be fiction or nonfiction books. Come prepared to share the title, the author, and the key points that have guided your journey.

Come prepared to share, to discover, and to enjoy a good cup of Christmas tea.

To learn more about the book club call  
Dorothy (519-634-8779) or Susan (519-214-0247).

## UPCOMING BLOOD DONOR CLINIC

At last months blood donor clinic held at the New Hamburg Legion and sponsored by Morningside Village, 60 residents registered to donate the gift of life. 52 donors actually gave blood surpassing the quota of 43. The next important clinic will be held on Monday, December 23, between the hours of 2:00 and 8:00 pm in the Waterloo-Oxford DSS cafeteria, and will be sponsored by Trinity Lutheran Church.

It can take 50 units of blood to help someone in a car accident and 5 units to help someone in cancer treatment.



Call 1-888-2-DONATE (1-888-236-6283) to schedule an appointment or book online at [www.blood.ca](http://www.blood.ca).

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## Baden Firefighters Association



## Annual Fundraising Dance

St. Agatha Community Centre  
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**\$10 / Person**

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# RACHEL'S Challenge

start a chain reaction



On November 5th the students and staff of Waterloo Oxford were presented with Rachel's Challenge. At night the parents were invited to hear this awe inspiring message. The message was presented by Larry Scott, uncle of Rachel. The program was brought to the school by Tavistock Wilmot Rotary as well as the Waterloo Regional Police and the Waterloo Board of education in conjunction with the Principal and staff of Waterloo Oxford.

Rachel Scott was the first victim of the Columbine High School shootings of April 20th 1999. During her short lifetime she kept diaries and essays each keeping to a similar theme that she would one day change the world. Her family has continued Rachel's Challenge an outreach plan to start a chain reaction of kindness.

Her thoughts were broken down into the following:

1. Eliminate prejudice. Look for the good in everyone.
2. Dream Big. Set goals for yourself.
3. Choose positive influences. Stand up what for what you truly believe in.
4. Commit random acts of kindness.
5. Start a chain reaction of compassion.

In bringing this message to the school we are hoping this message will be followed in the months and years to come.

With the support of the Friends of Rachel Club formed at the school along with the help of Jeff Gerber we look forward to hearing good things for years to come.

*Submitted by Steve Locke—Tavistock Wilmot Rotary*

**Wishing you all things bright and beautiful this Christmas season**

**We appreciate your patronage and wish you good health and wellness for 2014**

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Husband says: "Looks like he's still celebrating!!!"

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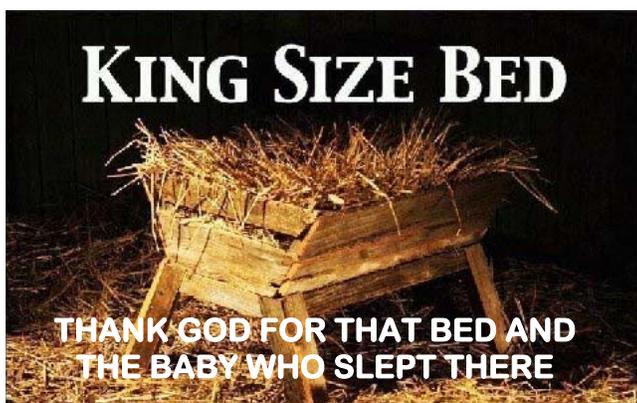
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Please visit *The Baden Outlook* web site for a directory of local churches with names, numbers, addresses and web sites. If your church is missing from this list please contact us to be included.



 **New Hamburg Lions Club**

THE NEW HAMBURG LIONS CLUB EXTENDS A BIG THANK YOU TO THE WILMOT COMMUNITY FOR THE SUPPORT EXTENDED TO THE CLUB AS IT CARRIED OUT ITS SERVICE WORK IN 2013

OUR BEST WISHES FOR A HAPPY HOLIDAY AND A PROPEROUS NEW YEAR GO OUT TO ALL OUR FRIENDS AND NEIGHBOURS

## MCC Donations to the Philippines

Mennonite Central Committee (MCC) is responding to Typhoon Haiyan in the Philippines by providing funding for relief, supporting the initial assessment team of an MCC partner organization, and working with partners to determine needs for longer-term recovery.

A portion of MCC donations is supplying 3,750 families on Leyte Island with a one-time food basket and 2,250 families with non-food items. This distribution is carried out in partnership with Church World Service (CWS) and its partner, International Children's Action Network (ICAN). Plans for a longer-term response are in development.

MCC is grateful for its generous donors who have given us the privilege of addressing needs for shelter, food, disaster response training, mediation, and trauma healing after the typhoon. At the New Hamburg Thrift Centre we have received over \$20,000 in donations and continue to welcome your donations at the store, online at [mcco.ca](http://mcco.ca), or by calling 519-745-8458, and toll free 1-800-313-6226. Donations should be designated as "Typhoon Haiyan Response."

Drop by the New Hamburg Thrift Centre to pick up your copy of the MCC Christmas Giving Catalogue, gift cards or handmade crafts, and other unique items. Continuing with the giving spirit, a little creativity, and the desire to help others this Christmas, we have something to please everyone on your list.

**Wishing you and yours a very special Christmas!**

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### Christmas Hours



We will be **closed**  
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and Jan 1  
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**Wishing you and your family a very Merry Christmas!**

**In-Store Christmas Clearance**  
**Starting Sat. Dec 18!**



All proceeds benefit  
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### REGULAR HOURS

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

## Toyota Hockey Challenge Recap

Last month we ran an article on the Toyota Hockey Challenge and the fact that the two remaining teams (Kitchener and Waterloo) each had goalies from Baden. We are pleased to announce that Waterloo won the final game played on November 24th at the Kitchener Auditorium 1-0.

This was a great game and everyone played hard. Congrats to Nathan Torchia who earns a trip to Japan during March break. Congratulations also go to Rhett Kimmel who allowed only one goal and Ben MacLaurin who played well for Kitchener as well.

We would also like to note that two New Hamburg natives played for the Cambridge team, who were involved in the round robin tournament - Zach Mark and Brady Schmidt.

*Rejoice!*  
"For unto us  
a child is born"  
Isaiah 9:6a KJV

Wishing you the *Joy, Love, and Peace*  
of the Christmas season.  
We look forward to serving you in the New Year.



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## KEY COMPONENTS TO WEIGHT LOSS SUCCESS

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

A healthy weight puts less stress on the muscles, joints and biological systems of the body. It also provides an individual with increased self-esteem, confidence, energy, and everyday productivity. This article helps identify key components that can be implemented for safe and effective weight loss.



**1. Exercise helps keep you lean:** Regular physical exercise such as strength and aerobic training plays an important role in weight management. Strength training burns calories, improves body composition by building lean muscle tissue, and thereby reduces fat stores in the body. Aerobic training also burns calories and helps control blood sugar levels. Current guidelines recommend 30 to 45 minutes of exercise, 3 to 5 times per week. Be sure to incorporate components of strength and aerobic training to ensure you are getting the full benefits of exercise.



**2. When it comes to diet, many things count:** The average individual should consume 1,400 to 2,000 calories per day to meet the body's total energy needs for daily functioning. Simply put, any extra calories consumed above what is required for daily functioning will contribute to an increase in weight gain. Sensible eating should consist of nutritional balance with the correct proportion of quality carbohydrates, proteins, and healthy fats. Individuals should avoid refined sugars and starches, along with trans-fats. Refined sugars and starches adversely disrupt blood sugar and put your body into fat storage mode, while trans-fats pack many unnecessary calories. Successful weight loss can be attained by planning your meals, cutting down serving sizes, eliminating unhealthy snacking, and minimizing foods that can be detrimental to your health.

**3. Increase water intake:** Water contains zero calories and is a great fluid replacement for other high calorie drinks such as alcohol and sodas/carbonated drinks. Drinking water before meals can help kick-start metabolism and act as an appetite suppressant. Water also regulates metabolism by assisting with lubrication, digestion, and transportation of nutrients.

**4. Get enough sleep and rest:** Research suggests that people who do not sleep for six to eight hours per night are more prone to weight gain. Regular restful sleep allows for important biological systems to recover and recharge. Without this rest, the additional stress on the

body will activate the release of cortisol, a hormone that is linked to weight gain. In addition, sleep deprivation is believed to affect appetite hormones which can contribute to food cravings and overeating.

**5. Ask for help:** Achieving weight loss is not always simple. Whether you are dealing with a medical condition, require help rehabilitating from a physical injury, or need advice on exercise, diet or nutrition, surround yourself with healthcare professionals who can help you reach your weight loss goal.

For additional information on diet, exercise, managing weight loss, and improving your physical health, visit [www.nhwc.ca](http://www.nhwc.ca). From all of us at the New Hamburg Wellness Centre, Season's Greetings!

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



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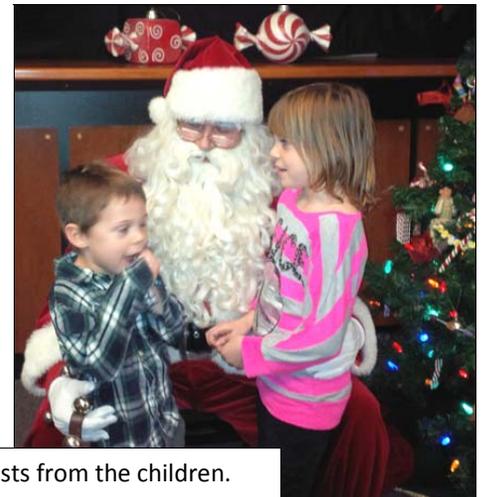
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# A MERRY VICTORIAN CHRISTMAS



Santa brought his Outlook to the Merry Victorian Christmas at Castle Kilbride on December 5th, hosting over 250 people. It was a festive event where 24 dozen homemade cookies and 13 jugs of apple cider were enjoyed along with the tour of the decked out castle in all its glorious Victorian style! People travelled from across southern Ontario to enjoy this evening.



Along with the silent auction, Santa was there to hear the Christmas wish lists from the children.

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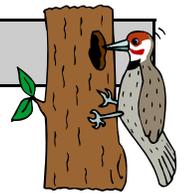
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We live in the wilds of Wilmot Township, just west of New Hamburg, adjacent to the Perth County border. The county line runs down the centre of our road (Wilmot Easthope). Back in 2001 our neighbors across the road, Ernie and Jean Faulhafer, told us about a Red-headed Woodpecker (RHWO) they had been watching make regular visits to their Red Cherry trees west of the barn. They knew I was involved in the bird atlas and thought I would be interested. Interested is an understatement! Lynda, my wife, and I were over there in minutes.

The RHWO has experienced several declines over the past century and a half. The first decline was following the decimation of the American Chestnut, (NOT the non-native Horse Chestnut which was introduced from Asia) near the beginning of the last century. The second decline came in the middle of the last century with the elimination of millions of American Elms due to Dutch Elm disease, with which most of you will, unfortunately, be familiar. Coupled with the increasing loss of forest habitat and competition for the same nesting trees as the more aggressive European Starling, the RHWO has declined steadily. In 1994, there were an estimated 3400 pairs in Ontario. In the 2001 – 2005 Breeding Bird Atlas of Ontario there were an estimated 700 – 1000 pairs remaining in Ontario. I can only guess how low the numbers are now with the loss of habitat we have experienced in the decades since then. So many hedgerows have been removed that once sheltered many species as they nested or travelled back and forth between feeding areas. No wonder we were interested! What an opportunity!

Armed with binoculars, we didn't have to wait long for the first RHWO to show up. It picked several ripe cherries and

flew off, carrying them in its mouth. We were quite excited. Not only had we seen a RHWO, which is not a common bird, but we had seen one carrying food. This confirmed breeding status for the Atlas!

They didn't seem to be bothered by our presence, so I decided to try to get some photographs. The next day I took our camera and a lawn chair and waited for our RHWO. It came and went several times. I took a few long range photographs, not having a telephoto lens. Nothing great.

Then it occurred to me that since it always came and went from the same direction, maybe I could track the bird and find where its nest was. This took several hours spread over a couple of days. I was able to watch the bird up to a certain point before it disappeared. I would go to the point where it disappeared and wait for it to come again. I did this several times, waiting patiently in my lawn chair. Finally, after two days of watching, I saw the bird fly into a mature hard maple in the hedge row on the west side of the field. Approaching cautiously, I was able to see a neat, newly made opening in the trunk approximately 5 cm in diameter, about 10 m above the ground. I saw the adults disappear and reappear through the opening. What a thrill! I was so proud and pleased to have found a nesting site for a RHWO in our square. Later on, I GPS'd its location so as to be able to complete a nesting bird report as well as adding it to our confirmed breeding bird list of birds in our section of the Atlas.

(Note: The hedgerow is still there, likely right where Solomon Wallace put it in the 1830's when the land was first cleared. Something to be proud of, I'd say.)



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# Merry Christmas!

**Do not be afraid.**

**I bring you good news of  
great joy that will be  
for all the people.**

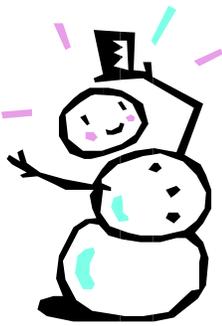
**Today in the town of David a  
Savior has been born to you;  
he is Christ the Lord.**

***Luke 2:10,11 NIV***



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*Merry Christmas! Happy Holidays!*



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## Improving the Health of our Community

### ~ What is Depression? Part 2

By Melodie O'Connell MSW RSW



As we head into the winter months, many people are susceptible to experiencing a negative impact on their mood. Our mood can drop simply because of the decrease in the amount of sunlight to which we are exposed. In order to shift the mood, we need to make some behavioural changes so that we are better prepared to cope. This may involve making some changes within our environment at work, school, or at home. We know that when our bodies are under chronic levels of stress, we are more likely to fall into depressive episodes. This month, we will focus on some of the behavioural activation techniques that we can do to alleviate some of the depressive symptoms that we may experience.

- 1.) Exercise – Exercise has often been referred to as “Nature’s anti-depressant”. Exercise increases the brain’s production of serotonin, a chemical that is used in many anti-depressants. In essence, exercise produces the same chemicals as an anti-depressant. Participating in an exercise program can be as simple as going for a brisk walk, swimming lengths, doing an aquafit class at the pool, or attending a fitness class at a local facility. However, when we struggle with depressive symptoms, we often lack the motivation to push ourselves in this way. If we make a commitment to exercise with a friend or neighbour, we are much more likely to follow through.
- 2.) Self-care – When our mood is low, we often neglect some of the most important physical needs. We may find that our sleep patterns have changed (sleeping more throughout the day, or struggling to fall or stay asleep). It is extremely important to try to maintain a regular sleeping pattern by going to bed and

waking up at our regular times. We may also fall into unhealthy eating habits as well. It is imperative that we maintain healthy eating habits as this also has a significant impact on our brain chemistry. I know that I personally feel much better after consuming a healthy meal, than if I have skipped a meal or filled up on unhealthy snacks. We also need to be aware of the amount of caffeine that we consume, as this will have an impact on our mood, sleep patterns, and appetite.

- 3.) Do Something that you Enjoy – Quite often, either because our lives are busy or we lose interest, we often neglect the activities that we may have once enjoyed. When it comes to good mental health, this needs to be a priority. Develop a list of activities that you enjoy (or have enjoyed), and make these a priority in your daily living. This list may include reading, woodworking, scrap booking, spending time with friends or family, being in the outdoors, playing board games or cards, or going out into the community.
- 4.) Decrease isolation – Be sure to spend time with friends and family. We have a tendency to isolate ourselves from others. Think about the people in your life whom you would consider supportive, and ensure that you spend some time with them. Our circle of support can help us to challenge some of the negative thinking patterns that we may fall into. They are also able to give us some relief from our depressive symptoms, even if it is temporary.
- 5.) Speak with your doctor – As previously mentioned, we are able to shift our mood by challenging negative thinking patterns, making changes in our environment, and participating in some self-care strategies as well as behavioural activation. However, that may not always be enough. If you feel that your depressive symptoms are moderate to severe, please be sure to speak to your doctor about your symptoms. There are additional supports that are available to you.

\*\*\*\*\* This article is not intended to diagnose depression. If you are experiencing some of these symptoms, please speak to your local health care provider. If you are struggling with suicidal ideation, call the mobile crisis # (519-745-1166) or go to your local ER.

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# Season's Greetings from Interfaith



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**Gift of Time:** We are currently accepting applications for our volunteer Board of Directors. Applicants with strong leadership skills, creativity and commitment to the strategic goals and mission of ICCS are welcome. Please send resume and cover letter indicating interest.

Please Consider **VOLUNTEERING** for our events!

23B Church Street, New Hamburg  
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## 2014 at a Glance...

January: Bereavement Support Program

February: Family and Friends Bereaved by Suicide Workshop

February: Moving Forward Stress Management Workshop

March 4: Volunteer Appreciation Pancake Dinner

March 28: Annual General Meeting

March 28 & 29: Growth through Marriage Weekend Course

April 26: Annual Silent Auction

June 11: Ladies Night Out

\*We require volunteers for all events, please consider the gift of your time

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## Announcing the Wilmot Splash Pad Location

On Monday December 9th, Wilmot Council unanimously approved the location of the Wilmot Splash Pad project as the Wilmot Recreation Complex. This was the preferred location of the consultants, Aqua Plans Aquatic Design and the Splash Pad Committee. The two other locations that were considered were Sir Adam Beck Park in Baden and Doug Fischer Memorial Park in New Dundee.

As it is centrally located in the township, the Rec Complex location was the chosen spot, offering plenty of parking, a water distribution process in place, good road access, change rooms available, staff on the premises and with the construction of future trails would be accessible by many of Wilmot's residents.

The bidding process will begin by mid January, with construction anticipated to commence during the summer of 2014. It is anticipated that the splash pad will be in operation for the summer of 2015.

Council commended the fundraising committee for all of their hard work in this project. They have received just over \$53,000 in donations and have \$102,000 pledged to the project. Wilmot Township has pledged \$100,000 to the project and about \$75,000 is still needed to finish the venture. Well Done Wilmot!



## Notice of Public Meeting

### Elementary Enrolment Issues

Thursday January 9, 2014

7:00 - 8:30 PM

Sir Adam Beck Public School, Gymnasium  
1140 Snyder's Road West, Baden

#### PURPOSE OF THIS MEETING:

Board staff will present information regarding enrolment pressure at Baden Public School and potential solutions that could impact area schools, including New Dundee and Sir Adam Beck Public Schools.

It is important to note that no decisions have been made and the meeting will be a forum to share information and gather feedback. No changes would take place before September 2015.

#### MEETING FORMAT:

The meeting will begin at 7:00 PM and consist of a short presentation, followed by a question and answer session. Board staff will be available to share information and answer questions.

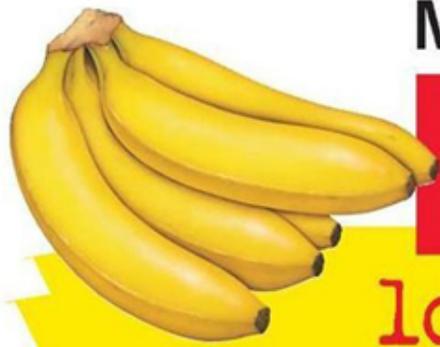
#### FURTHER INFORMATION:

A flyer will be sent home with every student at Baden, Sir Adam Beck and New Dundee Public Schools.

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December 24th, 2013

Hours: 8am-5pm

New Year's Eve: 8am-5pm

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