

Baden Outlook

December
2014

VOLUME 15, ISSUE 5



Tis the Season of Joy!

Romance was in the air at this year's Santa Claus Parade! During the parade, Firefighter Mike Mota jumped off of the fire truck and ran curbside to his girlfriend Cassandra Sousa, put his helmet on her head, and got on bended knee to ask for her hand in marriage. Mike wasn't alone with his scheme; friends held up the "Will You Marry Me" signs, making his intention very clear. Cassandra was surprised and delighted, and threw her arms around him, saying, "Yes!" **Congratulations!**



Photos by Teresa Brown



This paper is priceless - Please have one!



Talking with Ed

Tis The Season!



Christmas is a time to spend with your family, experience joy, and remember the real reason of Christmas. Unfortunately for many of us, by the time Christmas arrives we are tired and out of energy. There is such a tremendous commercial build-up to the season, with an over abundance of flyers and advertisements, Christmas decor on sale in early October, Black Friday sales, repeated Christmas carols played on the radio and at shopping malls. Parking lots are getting busier and line-ups at checkouts getting longer...hustle and bustle everywhere you go—it's Christmas!

As my family lives up north country, and with the seasonal demand in retail hours, it's been difficult to make my family connection; that usually happens in the new year. I feel very fortunate that Pat's family makes an effort to be together on either Christmas or Boxing Day. This family tradition has been running for the 40 years we've been together. The commitment is there, but the trick is "to be all there" (meaning to be plugged into the moment) when it is happening and to appreciate our close-knit family. I am not an expert on this, but here are some things that work for me.



One of the things that I found helpful is to be extra aware of my actions and to slow the pace down. An example of this is my eating habits throughout the festive season. I turn into a constant nibbler, and at meals I find myself lifting a forkful of food to my mouth. Before it is chewed, I have another forkful ready to go. I then realize that I am definitely in the race mode at that point. I simply put the fork down and enjoy each mouthful—one at a time, slowly.

Another area that we have changed is the opening of presents. Years ago when our children were small we would tear into our gifts as if our lives depended on it, so the gift exchange would be over in no time, with wrapping debris thrown about. Recently we've slowed things down. We personally hand each other the gifts to open, taking time to admire each while we sit and watch each other. This gives everyone a chance to enjoy the moment and express our thanks while slowing the pace down. It has become a more mature moment and is pleasantly relaxing.

Our family focuses less on buying large ticket items and more on practical or personally-created gifts. This helps with the pocket book, which is on everyone's mind as well. Do not buy gifts that you can't afford, leading to the incoming January bills. Nothing needs to be glorious; simply to be together is the ticket!!

One other big one for me is reducing coffee intake. If you want to ramp up the urgency of the festive time, then coffee is a sure fire way to do it. Try to have a good night sleep, be mindful of alcohol, and take time to sit still and breathe. Everyone has their own special way to decompress, whether it's by reading a good book, doing yoga, or getting out to play a game of hockey and let off some steam. A good balance of rest, proper diet, and exercise during the holidays will serve you well.

Try to be as jolly as you can. This is a time of year when people should be more caring, kinder, and more forgiving. An extra few moments to help a stranger, or a smile at a tired bank clerk can help ease the tensions in his or her world. If you know someone who is alone, visit him or her, take chocolates or cookies to share. Be a ray of sunshine for another person's gloomy day—we are all tired and stressed; patience goes a long way during this time.

I wish everyone a very Merry Christmas and a happy, healthy and prosperous New Year. I hope you can relax and enjoy the festive season. *Until next year... Ed*



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EXTRA EXTRA!!

You'll find us around the 15th of each month, while quantities last. Available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Baden Dental, Wilmot Rec. Complex, Tim Hortons, Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.



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

There are over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, NH Legion, McDonalds, Kasemann's, Morningside, Stonecroft, Office Pro, NH Thrift Centre, Absolute Fitness, NH Dry Cleaners, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

*And as always, it's priceless ~
Please Have One!*



Greetings from ~ Outlook Headquarters



Ho! Ho! Ho! I really enjoy putting the December paper together! Although the process begins at the first of the month, by the time it's a wrap, the Christmas spirit has snuck up on me! That sets a good stage for me personally, to move on to my baking, shopping, and planning our social calendar. You will find the ads all



decked up with festivity and the articles geared toward this hectic but joyful season. There is great advice on how to keep yourself calm, and some wisdom on spending. The Santa Claus parade pics display the holiday fun... And yup, the snow doesn't let us down either—we have to have it for Christmas!

The 2014-2018 council inauguration was held on Monday, December 1st. I went to cheer on hubby as we won his councillor position by acclamation this year. He is even more excited this term as he has learned the role and feels the confidence of his constituents. The 2010-2014 team returns to the chamber with the same pride and enthusiasm as they did four years ago. They are indeed a group of gentlemen who have proven that politics can be mannerly and still get the job done!

It was a touching ceremony as the Sparks, Brownies, Guides, and Pathfinders marched into the chamber and sang 'O Canada', followed by Chad Gravill, who played the bagpipes while leading the procession of councillors into their chamber stations. Clerk Barb McLeod led the declaration of vows, followed by a prayer of dedication by Pastor Sean East. The evening ended with a lobby reception and refreshments.



I trust you know them all by now, but to remind you: Back row L-R is Mark Murray-Ward 4, Al Junker-Ward 1, Jeff Gerber-Ward 4, Barry Fisher-Ward 3. Seated front row L-R is CAO Grant Whittington, Mayor Les Armstrong and Peter Roe-Ward 2. They are here for you!

Watch for the 2015 Outlook Calendar coming to Baden residents in the mail by the end of the month. They will also be for sale at Mars Variety for those who have a "junk mail block" or perhaps to buy an extra one for a Christmas gift.

Till next year—I wish you all a very Merry Christmas!

At this joyous time of year, we are grateful for our work with you. We wish you abundance, happiness, and peace in a new year filled with hope.

Merry Christmas!



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Baden ~ Our Town



The Baden Community Association handed out 500 bags of freshly popped kettle corn at the Baden Santa Claus parade. This has been the third year that the BCA has popped the 50 pounds of kernels on the Saturday morning to be ready for the parade.

The BCA will be hosting another Family Day event at the Wilmot Recreation Centre 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.

Things are coming along at the Foundry Street parkette! Pete Wilhelm from PW Concrete did a fabulous job of laying out a path from the street to the bridge – just before the snow began to fly! He dug down, removed 12 inches of soil and replaced it with eight inches of gravel and four inches of crushed asphalt.

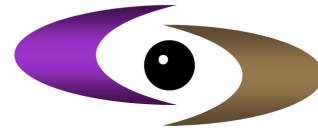
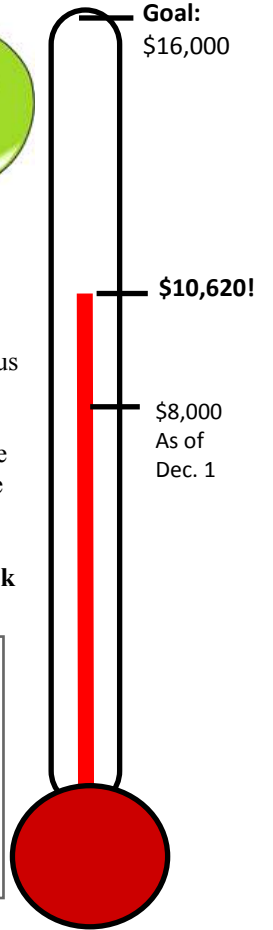
Next spring the BCA will focus on trees, native plants, rocks, benches, and a garden in the middle of the pathway. In the summer the bridge will be sandblasted, painted, and composite flooring and new railings will be installed. The bridge will then be put back into position for the citizens of Baden to enjoy!

The Fundraising for the parkette and bridge has been going very well! The Region of Waterloo Environmental Fund has given the BCA a grant for \$3,000 to go towards the parkette. The Baden Outlook has donated \$500, the BCA \$4,000, PW Concrete \$500, and Mike Schout (long time resident of Baden and owner of Schout Group) has donated \$2,500—Thank you so much Mike! ... and \$120 from Buy the Plank Fund!

The BCA meets the last Wednesday of each month (excluding December) at 7 p.m. in the basement of the township hall. The group welcomes new members who are interested in some of the projects that are underway. See what we are up to on Facebook.



Special thanks to George and Elaine Schertzer, Ken Alischer and Cindy Dickinson, Scott and Crystal Alischer, Shane and Cailyn (Alischer) Bowman who have purchased a plank — helping to build our new bridge... watching the fundraising thermometer climb!! YEA!




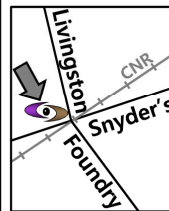
BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

Merry Christmas!

DID YOU KNOW?

 Cataracts come in many forms, including a "Christmas tree" type that looks sparkly like the season!



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Perennial
Gardens

Park
Benches

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

Baden Firefighters Association



Annual Fundraising Dance

St. Agatha Community Centre

Saturday January 24, 2015

8:00pm to 1:00am

\$10.00/Person

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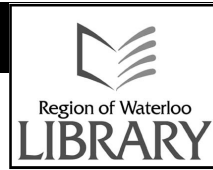
Visit our website at www.badendentalclinic.com



Merry Christmas



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. 30: 10 a.m. - 1p.m. & 2 - 8 p.m.
Dec. 31: 10 a.m. – 2 p.m.
Jan. 1: Closed



Registration Dates:

Dec. 9: Pre-registration for children new to a program begins. Register by phone or in person at the library.
Dec. 10: Registration for returning children begins. Register online, by phone or in person.

Holiday Family Storytime

Thursday, Dec. 18 at 10:30 a.m. OR 6:30 p.m.

Drop in or register for seasonal stories, crafts and more with Miss Chris! Recommended for children 3 to 7 years with parent/caregivers.

Holiday Movie Days

Tuesday, Dec. 23 at 2:30: The Search for Santa Paws

Tuesday, Dec. 30 at 2:30: The Smurfs 2

Join us over the holidays for a movie day! Tickets are \$1 each and include popcorn and a drink. Everyone must have a ticket. Children under 5 years old must be accompanied by an adult. Children 9 and under must have a parent/caregiver (12 years or older) and remain in the library during the movie. Space is limited.

Ho Ho Ho! Annual Magazine Sale

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

Happy New Year Happenings

Come Read With Me! Family Storytime:

Tuesday, Jan. 13 to March 3, from 6:30 to 7:15 p.m.

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!

NEW - Online Registration for Children's Programs

It's almost time to register for the library's 2015 Winter Children's Programs. Programs (unless otherwise noted) begin the week of January 11. New - online registration for all programs! Online registration begins on December 10 when the branch opens. The library will no longer accept email registrations. Contact any library branch for help.

Children are welcome to register for programs at any library branch. Library programs are free and require advanced registration (unless otherwise indicated).

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

1:1 Computer Coaching

Did you get a new computer, tablet or e-reader for the holidays? Need help getting started? Then book a free 45-minute session with a computer coach for one-on-one help.

Registration Dates:

Dec. 16: Pre-registration begins for adults who are new to the program by phone or in person.
Dec. 30: Registration for returning adults begins online, by phone or in person. .

Due to space limitations, registration is required for **ALL** Baden Branch programs. Contact us at 519-634-8933 or badenlib@regionofwaterloo.ca for more information. Current information is also available in our Events Calendar at www.rwlibrary.ca.

Ho Ho Ho! Happy Holidays from Chris, Jennifer, Rose, Lee and Katelyn!

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The Firebirds Promote Literacy at the Library



The New Hamburg Firebirds joined fans of all ages at the Baden and New Hamburg Libraries on Wed. Nov. 26 to read, play games, and interact together to promote literacy in our community. A good time was had by all. Thank you to the players who did an excellent job representing their team.



Merry Christmas!

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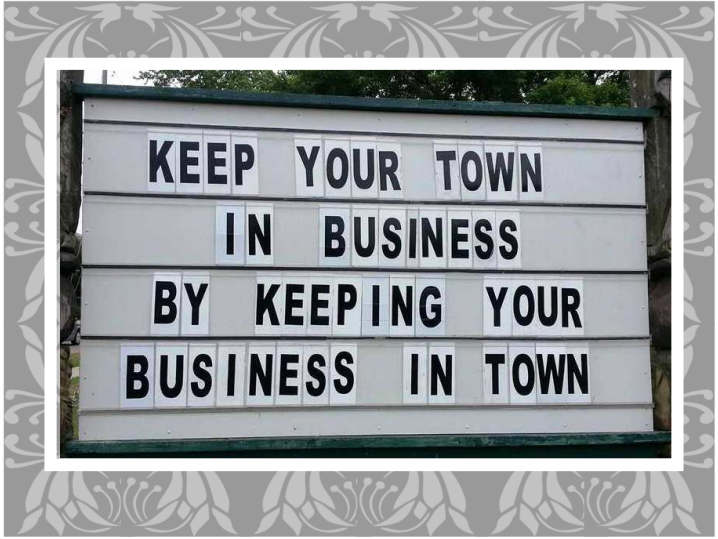
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The views or opinions expressed in this newsletter are not necessarily those of the Baden Outlook

Waterloo-Oxford District Secondary School

is proud to announce that our Junior Girls' Basketball team are Silver Medalists in the CWOSSA championship held on Saturday, November 15 in Brantford.



The team earned a spot in the finals by defeating Guelph CVI 43- 34 and Galt CI 50 - 30.

Front Row, L-R: Kai Wilson, Justina Meneses, Karly Dajka.
Back Row, L-R: Gary Wilson, Manager, Rachel Beitz, Emily Glendinning, Madalyn Davidson, Coach Joe Cvetich, Rachel Woolvett, Molly Cameron, Madeline Woolvett.

You Must Be Joking!!

Money... either laugh or cry about it.



- ⇒ Someone stole all my credit cards but I won't be reporting it. The thief spends less than my wife did.
- ⇒ We always hold hands. If I let go, she shops.
- ⇒ There's a way of transferring funds that is even faster than electronic banking. It's called marriage.
- ⇒ Mom: "What do you think I am, made of money?"
Son: "Isn't that what MOM stands for?"

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REGARDING SANTA'S REINDEER



You know Dasher and Dancer and Prancer and Vixen, Comet and Cupid and Donner and Blitzen...but did you know? It's a little known fact that each of Santa's reindeer was actually a twin, which would have been handy to rotate the flying reindeer for the busy Christmas night. But somehow things didn't go as planned for Santa.

- * Dasher's twin was Flasher...and Santa doesn't use him for obvious reasons.
- * Dancer's twin was Waltzer...and he can only go around in circles.
- * Prancer's twin was Leadfoot...and he can't fly very well.
- * Vixen's twin was Nixon... and he got into some trouble in the seventies.
- * Comet's twin was Meteor...and he crashed and burned on his maiden flight.
- * Cupid's twin was Stupid...and he isn't the brightest bulb in the stable.
- * Donner's twin was Dander...and he is a bit of a flake.
- * Blitzen's twin was Tripzen...and he trips all over himself.
- * Rudolph's twin was said to be Smirnoff, off in the military, and served on ice...leaving Rudolph with his brilliant red nose leading the pack for Santa. Hmmm...?!

You know Dasher and Dancer and Prancer and Vixen, Comet and Cupid and Donner and Blitzen, but do you recall? The most famous reindeer of all? Rudolph!



Here are 10 fascinating facts about our traditional holiday deer:

- ◆ In North America reindeer are also called caribou.
- ◆ Both the males and females grow antlers.
- ◆ Caribou have short tails and heavy coats that keep them warm in winter, especially at the North Pole.
- ◆ Their coats have hollow hairs which lock in the warmth and allow them to float in water.
- ◆ They use their large hooves to dig through the snow for food.
- ◆ Their broad hooves also come in handy for staying on top of the snow and for helping them swim.
- ◆ Caribou are herd animals.
- ◆ In the summer, they eat the leaves of willows and shrubs.
- ◆ In the fall and winter, they switch to lichens (reindeer moss), grass-like plants, and small shrubs.
- ◆ Most importantly, they pull Santa's sleigh, have red noses, names, and can fly!

Don't forget the reindeer when you're leaving your cookies out for Santa!

Merry Christmas!! Dr. Rebecca Ricker

Q: Who delivers Christmas presents to cats?

A: Santa claws!



Q: Who delivers Christmas presents to dogs?

A: Santa paws!

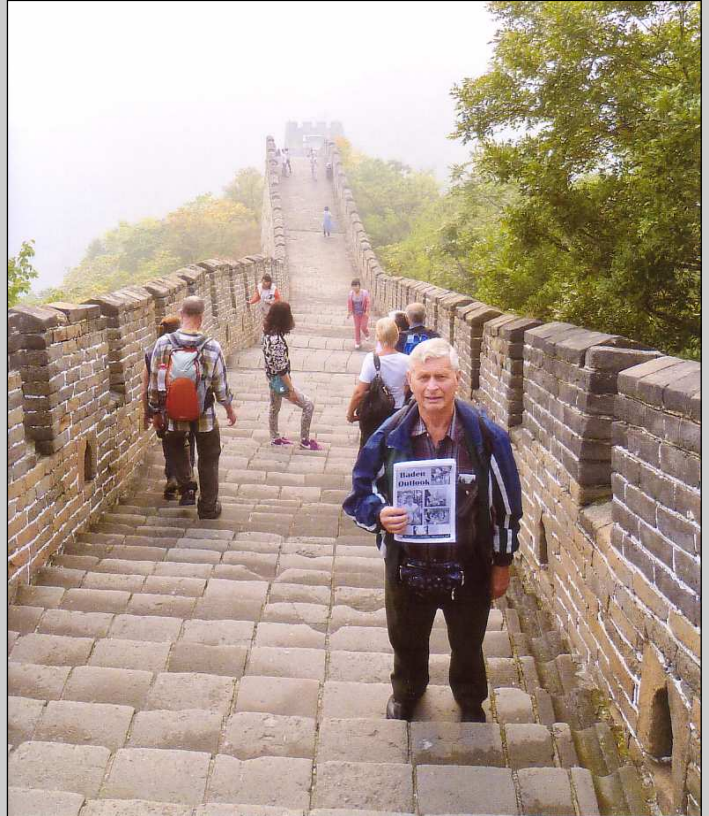




Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Barb Cybulski and Judy Hemmerly took their Outlook to Larson Vineyards in Sonoma Valley, California.



Delmer Bender of New Hamburg took his Baden Outlook for a magnificent walk on the Great Wall of China in October.



Craig and Vicky Thompson of New Hamburg, and Carl and Tara Buckley of Lindsay, took their Outlook along for a fun time at the Riu Palace in Negril, Jamaica.



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



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Dieter Euler had been a School Coordinator for the Canadian Military Schools in Europe, and lived in Lahr, Germany, near the schools in the original Baden-Baden, where there was a Military Base. This year was the 20th anniversary of the closing of the Base. Dieter and his wife Heather went there to a recent reunion and visited Baden-Baden and went down memory lane—with the “OUTLOOK”—of course! Back to its roots!



Calli Storer took her Baden Outlook on her first trip to Newfoundland to visit her Great Grandparents and aunts and uncles.

A Letter to Ourselves from the Galapagos Islands:

Recently, as part of a group tour from the New Hamburg area, John and Evlyn Foster visited Floreanna Island in the Galapagos Islands of Charles Darwin. While on Floreanna, the group enjoyed an excursion to Post Office Bay. The name itself inspired some curiosity and they found out that, during the 19th Century, whalers stopped at this location to replenish their water supplies. Since there was no postal delivery, over the years sailors aboard these ships established the custom whereby westbound sailors left mail in a barrel at Post Office Bay and eastbound sailors would pickup the mail and arranged to have it reach its intended recipient when they reached their homeport.

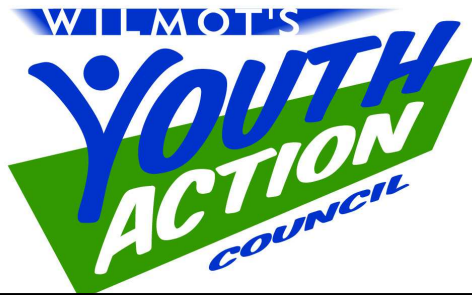
Modern travellers have continued the practice. So John and Evlyn decided to test the Post Office Bay delivery network by mailing a letter to themselves in New Hamburg. To their amazement, two weeks after their return home, they discovered the letter between their screen and main front doors with the name “Waterlot” barely discernible at the back of the letter. They contacted Lesley Elkeer of the Waterlot Restaurant, who informed them that she had no idea who could have delivered the letter, definitely no one from her establishment. John and Evlyn now know that the Post Office Bay mail delivery service works half way around the world.



As this season gets hectic, there are bound to be a few scrooges out there —here’s hoping these tickle their funny bone!

- ⇒ It’s beginning to cost a lot like Christmas.
- ⇒ This holiday season, in lieu of gifts, I’ve decided to give everyone my opinion.
- ⇒ Christmas has been cancelled! Santa died laughing when I told him you’d been good this year!
- ⇒ Christmas light displays are the freestyle rap battles of the suburbs.
- ⇒ A song told me to Deck the Halls...so I did. However, Mr. and Mrs. Hall are not very happy.
- ⇒ Santa Claus has the right idea. Visit people once a year.
- ⇒ What I don’t like about office Christmas parties is looking for a new job the next day.

source: <http://www.jokes4us.com/holidayjokes/christmasjokes/christmasjokes.html>



It's already December... where has the time gone!? Wilmot's Youth Action Council has been busy at work with many projects. As a newly established tradition, we decorated a gingerbread house to enter in the New Hamburg Annual Gingerbread House Contest! We also had our second event of the year,

"Birthday Bash Bonanza," a party to celebrate everyone's birthday! The party was complete with games, face painting, cupcake decorating, snacks, loot bags, and of course, TONS of balloons. As a drop-in event, we had much success and appreciative feedback from both kids and parents.

Our next project underway is our December event, "Santa's Village," held on December 20th in the Optimist Youth Room at the WRC. This event will feature an opportunity to visit Santa, take pictures with reindeer, decorate your own gingerbread house, play Christmas games, and much, much more! Be sure to look for more information in the coming weeks. Alongside this, our Jr. Youth Action Council is taking on a first project of hosting their very own Christmas event on December 20th as well, featuring Santa's Workshop. We are all looking forward to seeing the exciting things they have planned!

As for the approaching new year, we're looking to expand our council with new members. If you or anybody you know would be interested, tell them to come on out to our meetings every Wednesday from 7-9 p.m. in the Optimist Youth Centre at the WRC. We hope to see you all soon, whether it be at a meeting or an event!

-Lia Humphrey & Sophia Kinch, Youth Action Council Vice-Chairs

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.

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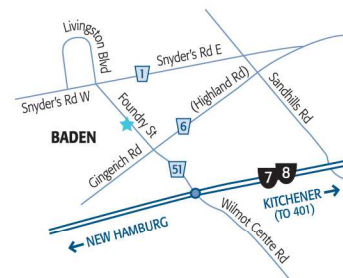
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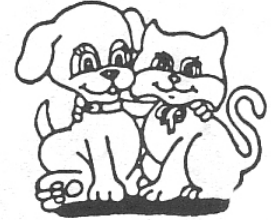
"I may look like just an ordinary guy," he said to her, "but in just a few years, my father will die and I will inherit \$200 million."

Impressed, the woman asked for his business card and three days later, she became his stepmother.

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Never catch snowflakes with your tongue until all the birds have gone south for the winter!!

Merry Christmas



Baden Outlook Baseball Pool Stats

ADULTS POOL			KIDS POOL		
Place	Name	PTS	Place	Name	PTS
1	Nick Pokorny	304	1	Payton Egli	294
2	Wayne Weicker	299	2	Dominik Struth	281
3	Diego Vitello	293	T3	Noah Lichti	275
T4	Sharon Williams	287	T3	Kaden Eichler	275
T4	Ralph Dahl	287	T5	Tanner Schwartzentrbr	271
T4	Robert Hadley	287	T5	Paige Naumann	271
T4	Rachel Gondosch	287	T5	Nathan Boronka	271
T8	Steven Bechthold	286	T5	Evan Bizony	271
T8	Steve Roth	286	9	Spencer Boshart	270
T10	Josh Morrison	285	10	Tyson Ruston	269
T10	Alf Crabbe	285	11	Aiden Kropf	268
T10	Dick Dean	285	12	Cooper Hill	267
T13	Sue Struth	283	T13	Taylor Naumann	266
T13	Len Mueller	283	T13	Joey Durrer	266
15	Mary Lou Gingerich	282	T13	Nolan Snook	266
T16	Zack Gowland	281	T13	Daniel Kreller	266
T16	Tim Wenn	281	17	Jared Vanderveelde	264
T16	Sean Carney	281	T18	Ethan Lichti	263
T16	Ellie Schmitt	281	T18	Sarah Miller	263
T20	Bailey Bechthold	279	T20	Blake Boshart	262
T20	Rich Held	279	T20	Braedyn Carney	262
T20	Taylor Randerson	279	22	Elias Bizony	261
23	Carter Schwartzentrbr	278	T23	Rowan Dibben	259
T24	Earl Nickolas	277	T23	Meghan Mueller	259
T24	Beth Martin	277	T23	Owen Kunkel	259
T24	Leanne Kropf	277	T23	Josh Durrer	259
T27	Marnie Usher	276	T23	Jack Papa	259
T27	Caity Usher	276	T28	Justin Ertel	256
T27	Shane Rooney	276	T28	Hayden Jack	256
T30	Jody Leis	275	T28	Jordy Ertel	256

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



Congratulations to **Dominik Struth**, for
 taking the **Kids Leader Prize**, winning a
 gift certificate from **Riverside Lanes**.
 (Remember Payton...you can only take the leader prize once!)

The lucky random draw winner this
 month is **Carter Schwartzentruber**
 winning a **Baden Outlook hoodie**.



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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). Both pools have a password of "guest." Have Fun and Good Luck!



Ten years ago, the teachings of Professional Self Defense organization's Shinki Ryu Jujitsu came to Baden. Since its humble beginnings in Schneller park, Wilmot Jujitsu has grown to inhabit both the thirteen and fifteen Foundry Street units of the old theatre house, where students now train in the evenings and weekends.

After many years of dedication and discipline, Wilmot Jujitsu is happy to introduce its first home grown Black Belts: Mr. Holger Wurzbacher, Mr. Nikolaus Hafemann*, Mrs. Nicole Blommaert and Mr. Scott Blommaert. These youth have been training in the art for over eight years. The time that it takes to achieve Shodan (Black Belt) in this art is filled with challenges requiring patience. They have kicked and been kicked, they have thrown and been thrown, joints have been twisted and chokes have been placed. They have exemplified strength and compassion while having applications applied and while applying applications. Mr. Calhoun says, "We are proud to include them in our Black Belt ranks. As the story goes, now they begin to learn."

Wilmot Jujitsu is also proud to announce the successful graduation to Instructor level of both Mr. Mark Rose and Mr. Nick Lee. In the Shinki Ryu Jujitsu system, one must have already achieved the rank of Sandan (Third Degree Black Belt) before being allowed to grade for the teaching title. For one to have achieved this level, he or she must have at least ten years of training and grading experience in the system.

Finally, the school would like to also congratulate Mrs. Laura Collins, not only a Primary School Teacher, but also now a Fourth Degree Black Belt.



Bottom L-R: Holger Wurzbacher, Scott Blommaert, Nicole Blommaert, Nick Lee. Back L- R: Laura Collins, Neil Calhoun, Soke (Founder) Terry Stanton, Mark Rose

Mr. Calhoun notes, "We have had the opportunity and honour to train a number of Wilmot Township's youth and adults and will endeavour to continue to do so." Mr. Calhoun continues to explain the discipline and patience required to grow with the art, and he hopes that the present students along with past students will be able to hold onto and practise what they have learned. Furthermore, he mentions that there is no failure or giving up, just learning what you can and applying it when and if ever necessary. Much like any art, Self Defense must be practised routinely until the practitioner becomes one with the art – "This can take a life-time," he continues. Lastly, Mr. Calhoun would like to note that he is very proud of all of his students: "They are fine examples of the Township."

** Unfortunately, Mr. Hafemann fell ill and was unable to attend the grading. Alternative arrangements will be made to ensure a grading date for Mr. Hafemann.*

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Hope to see everyone in the New Year!



Christmas has often been portrayed as an amazing celebration with family and friends, a time to get together, share traditions, to enjoy each other's company, and express our love and appreciation to others. Television shows and movies often portray loving families who get along and experience no pain. We have come to believe that this is normal; however, this is not often the reality that is shared for many of us. In fact, the holidays can be a very difficult or painful time of year. For many people, this may be a Christmas of sadness or loneliness. Maybe a family has experienced a separation, or possibly even a death. Many individuals will find it very difficult to cope through this upcoming season.

If a family has experienced a death of someone close, it is extremely important to acknowledge and celebrate the life that was lived. During the holidays, there are a few different ways to do this. Many people will attend a "Light of Remembrance" or "Coping with the Holidays," which are often held at different churches throughout the region. It is a way of honouring and celebrating, and mostly taking time to remember those who are not with us throughout the holidays. It can be very helpful to acknowledge this loss in an environment in which we do not have to pretend to be happy. Many people report that by acknowledging and celebrating the life of the person, they are able to still enjoy some elements of the Christmas experience with family and friends. It may be helpful to buy a special Christmas ornament or candle in memory of the special person. Other ideas include donating to a special charity or wish foundation in memory of this person. Many people find it difficult to decorate their homes in preparation for the holidays. However, when we do some of these preparations, while we may find it difficult, it is also an opportunity for us to do this in their honour as well.

Traditions that continue from year to year can become increasingly difficult when there has been a significant loss. It can be helpful to begin new traditions, or to do something totally different altogether. I know of many families that have found the holidays unbearable after a

significant loss, but have found great joy in serving others on Christmas morning. They have done this through volunteering at a women's shelter, serving Christmas dinner for the homeless, visiting a nursing home, or taking homemade meals to the local fire hall.

There are a number of other activities that can help make the holidays more bearable. Being intentional about attending special events, concerts, or parades can help us to find some enjoyment during the holidays. It is a time to connect with a few close personal friends or neighbours, and share some social time together. However, I think it is important for all of us to be sensitive to those who may find the holidays difficult. If you are aware of a situation in which someone will be struggling this Christmas, ask them about their plans for the holidays or offer to get together for a coffee or some other outing. Grief can feel very lonely at this time of year. When someone feels that they have a community of support and acknowledgement, it can go a long way in helping their grief process, and can make us feel good too!

Merry Christmas to you and your family!

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More Handy Tips... "Who'd a thunk it?"

Install a regular coat rack low down the wall to store shoes safely off the floor or near a floor vent for drying wet mitts.



Remove pet hair from furniture and carpets with a squeegee.

Use bread tags to label power cords.



Use non-stick cooking spray in votive holders to prevent wax from sticking to the sides.

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With another year winding down, it is a good time to reflect on your habits and ways of thinking. Allow these thoughts to mull around in your mind and see if there might be some changes you can make in order to run your home and family more efficiently. How are you with setting limits? Often the quantity of "stuff" we have is what can get us into some serious organizing dilemmas.

Here are some things to consider ~

In your kitchen: Is your pantry and freezer filled to the point that it is difficult to access what you want when you want it? Would you do well to decide that you aren't going to buy anything for a while and use up some of what you have?

In your bathroom: Do you need to use up some of the personal care products that you already have? Are you buying new ones because you don't really like the old ones you have there? Sounds simple, but get rid of the stuff you don't like and aren't using.

Do you have perfume or bath products that you received that you don't really like? If they are brand new, then either donate them to the food bank or re-gift them. If they are partially used, then dispose of them to make room for what you do use regularly.

If your towels are all clean and your shelves are filled to overflowing....you have too many towels. Same with bedding.....consider how much you really need and how much you have room to store.

In your bedroom : The stat is that we wear 20% of clothing 80% of the time. Too many clothes for you or your children can cause you a headache!! Give some thought to this idea of "setting limits." It can truly help to simplify your daily life. Do you need to set some healthy limits? Will these limits help you to simplify your life? Some good questions to reflect on as you prepare to begin a new year! www.heartofthematter.ca / 866-214-6004

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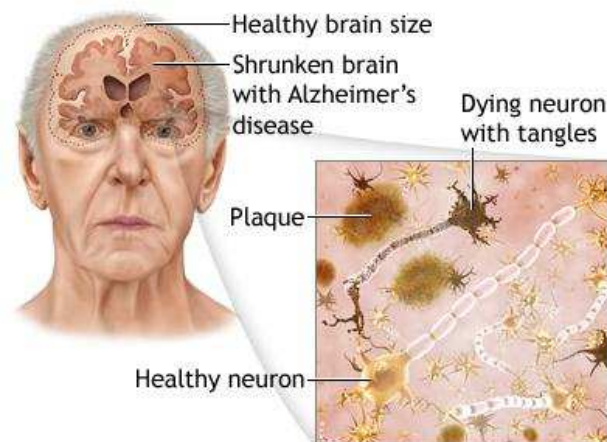
Alzheimer's Disease or Dementia

An estimated 500,000 Canadians have been diagnosed with Alzheimer's disease or a related dementia. Over 70,000 of them are under the age of 65 and three quarters are women, according to statistics Canada as reported through the Alzheimer's Society of Toronto.

These are staggering numbers, and with predictions for these numbers to double within the next 5 years, I feel it prudent to share some simple strategies with you and your family in order to protect you from early onset of this disease.

One of the main features of Alzheimer's disease involves plaque deposits between brain cells, which appear to generate free radical damage and inflammation, thereby destroying nerve cells. There are a few key nutritional supports that have found to be protective against this damage: vitamin B1 (Thiamine), vitamin B3 (Niacin), and Pantothenic Acid along with anti-oxidants such as vitamins C & E.

It is important that you know heredity is known to be a factor in the development of Alzheimer's disease; however, the following nutrition, supplementation, and lifestyle practices are associated with reduced risk of this disease. While I recommend everyone take a high quality multi-vitamin and mineral supplement that would include all the key nutrients mentioned, you could take these vitamins individually as well, as they are sold as such at your local health food store.



Key Strategies:

1. Hobbies and Recreational Activities: Having interests outside of one's work, either physically or mentally, during midlife may help prevent Alzheimer's disease.
2. Antioxidant Supplementation (Vitamin C – 1,000 mg per day, Vitamin E– 400 IU per day):
3. B– vitamins: The brain requires various B–vitamins to produce the brain chemicals for normal cognitive function.
4. Melatonin (.5 – 3 mg one hour before bedtime after age 40–45): Melatonin secretion by the pineal gland in the brain declines with age and this may, in part, account for the brain's increased susceptibility to dementia and Alzheimer's disease that accompanies aging.
5. Mediterranean Diet: eating more healthy fats like olive and coconut oil, nuts, seeds, lots of greens and fresh vegetables, will also be of great benefit.

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.

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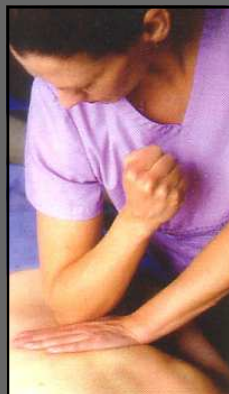


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The inflammatory response is a natural phenomenon that enables our bodies to fend off various disease-causing organisms, harmful toxins, and physical injury. It is a protective and restorative process that helps keep us healthy—most of the time. Unfortunately, when inflammation becomes excessive or uncontrolled, we begin to see chronic inflammation which can lead to poor physical health. Learn more about how the inflammatory response can affect your health.



When you catch a cold, sprain your ankle, or are exposed to an environmental pollutant such as cigarette smoke, a chain of events is triggered in your body known as the “inflammatory cascade.” The familiar signs of normal inflammation—*local redness, swelling, heat, pain, and loss of function* - are the first signals that your immune system is being called into action. Pro-inflammatory hormones are released at the injury site, which stimulates the release of white blood cells, antibodies, and other chemical compounds that help initiate the healing and repair process. Inflammation that starts and ends as intended signifies the proper and essential inflammatory response.

Chronic inflammation occurs when there is an inflammatory response of prolonged duration (weeks, months, indefinite). It is accompanied by simultaneous attempts at healing and repair, and inevitably causes tissue damage. Over time, it may become more difficult for the body to heal and repair tissue in areas of chronic inflammation.

Symptoms of chronic inflammation can include persistent pain, fever, fatigue, weakness, and irritability. Chronic inflammation has also been linked to undesirable health conditions such as heart disease, diabetes, symptomatic osteoarthritis, and irritable bowel syndrome. Listed below are some natural ways to manage and avoid chronic inflammation:

- **Use the right fuel:** Avoid foods that can be a source of chronic inflammation in the body such as refined sugars, trans-fats, and allergens. In contrast, omega-3 fats which are found in fish oils have an inflammation suppressing effect. Anti-oxidants, found in most fruits and vegetables, are natural compounds that help protect the body from harmful free radicals and inflammation.
- **Exercise works like medicine:** Endorphins released by the body during exercise can have anti-inflammatory properties. Exercise also regulates insulin levels and body weight. Being overweight increases inflammation in the body. Fat cells are efficient factories for producing key inflammatory elements, and burning calories through exercise shrinks those cells.
- **Sleep and stress management:** Poor sleep quality increases body inflammation. Regular restful sleep allows for important biological systems to recover and recharge. Prolonged stress, whether it is emotional or physical, can be a source of chronic inflammation. Finding an effective outlet for dealing with stress is important for managing this source of inflammation.
- **Be mindful of your habits and environment:** Avoiding exposure to pollution and toxic fumes such as cigarette smoke will help minimize inflammation in the body.
- **Treat muscle and joint injuries:** These injuries can be a major source of inflammation. Many individuals experience the benefits of therapies such as acupuncture, massage therapy, and chiropractic care for these structural causes of pain and inflammation.



For additional information on natural inflammation management and improving your health, visit 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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And he will be called:

*Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.*

ISAIAH 9:6 NLT

**HAROLD
ALBRECHT**

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An Angel says, "Never Borrow from the Future ~ Make the Most of Today"



If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain. Even if it does happen, you have to worry twice. Take care of you!

1. Pray
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say "No" to projects that won't fit into your time or do not interest you.
5. Delegate tasks to capable others.
6. Simplify and unclutter your life.
7. Less is more. (Although one is often not enough, two are often too many.)
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety. If you can't do anything about a situation, forget it.
12. Live within your budget; don't use credit cards for ordinary purchases.

13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the "Kid in You" every day.
16. Get organized so everything has its place.
17. Get enough rest, take a nap if you need to.
18. Eat right.
19. Talk less; listen more.
20. Slow down.
21. Write down thoughts and inspirations.
22. Every day, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
24. Make friends with Godly people.
25. Sit on your ego.
26. Remember that the shortest bridge between despair and hope is often a good, "Thank you GOD!"
27. Laugh.
28. Laugh some more!
29. Take your work seriously, but not yourself at all.
30. Develop a forgiving attitude (most people are doing the best they can).
31. Be kind to unkind people (they probably need it most).
32. Remind yourself that you are not the general manager of the universe.
33. Every night before bed, think of one thing you're grateful for that you've never been grateful for before.

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THINGS AROUND FOR YOU**

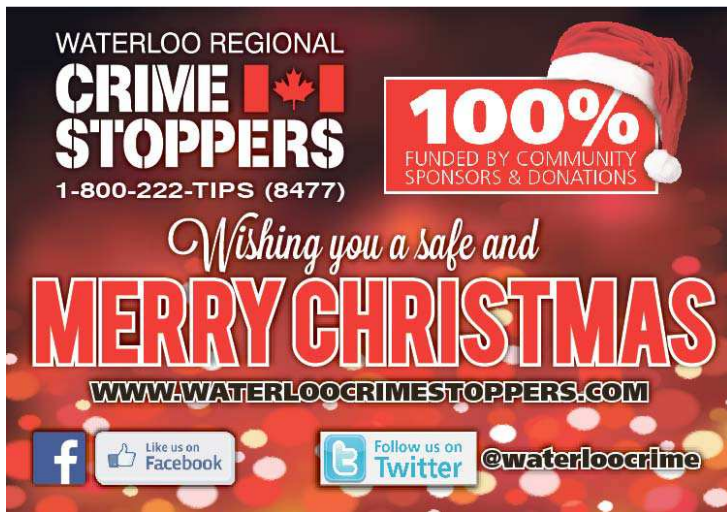
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What is Crime Stoppers?

Crime Stoppers is a civilian, non profit, charitable organization that brings together (in a tripartite relationship) the police services of a community, the media, and the community, in the fight against crime.

Crime Stoppers provides citizens with a vehicle to anonymously supply the police with information about a crime or potential crime of which they have knowledge. Cash rewards are offered to people who call the program if their information leads to a successful arrest.

How does Crime Stoppers work?

The Crime Stoppers tip line is staffed by trained personnel who receive, process, and pass on tip information to investigating officers. Callers are given a code number which is used in all subsequent calls and callers do not have to identify themselves.

How Does it Work?

Crime Stoppers has more than one way to assist you in providing the information we need to help solve crimes in your school community.

A: Via the traditional Phone line:

The Crime Stoppers tip line, 1-800-222-TIPS (8477), is staffed by trained personnel (24/7) who receive, process, and pass on tip information to the appropriate agency to investigate. Callers are given a code number, which is used in all subsequent calls, and are never asked to identify themselves or provide any personal information. It is the caller’s responsibility to call back for updates and receive instructions on how to claim a reward. This is the most secure method to contact Crime Stoppers.

B: Via the World Wide Web:

Persons wanting to provide information on crimes or criminals can now use the Internet, without giving up their anonymity. Logging onto the Waterloo Regional Crime Stoppers website at www.waterloocrimestoppers.com allows tipsters to simply click and fill in an electronic form with their information. Web *Tips are completely anonymous.*

C: Via SMS Text Messaging:

Sending an SMS Text message to Crime Stoppers provides a convenient and effective way to pass us your information. To text information anonymously simply send your message to

“CRIMES” (274637) and text the keyword “TIP152” at the beginning of the message.

What happens to my tip?

When a successful arrest is made, the Crime Stoppers Board determines an appropriate award amount based on a number of factors including the type of crime, the number of persons arrested, the risk to the caller, and the value of drugs or stolen property recovered.

You will be asked to call back to Crime Stoppers for updates on your tip. Tips that lead to an successful arrest, the recovery of property, or the seizure of drugs are eligible for a cash reward of up to \$2,000.00. Directions on how to collect your reward will be provided by Crime Stoppers and will be paid in such a way as to protect your anonymity.

Statistics:

Arrests:	2,100
Charges:	5,165
Cases Cleared:	2,717
Rewards Paid:	\$314,665
Weapons Seized:	249
Narcotics Seized:	\$32,359,426
Property Recovered:	\$9,739,417
Total Seized Drugs & Property:	\$42,098,843

Make a Donation

Waterloo Regional Crime Stoppers is a registered charity and donations are tax-exempt. All donations to Crime Stoppers help to cover the cost of rewards, promotional material, and community events. We are 100% supported by our own fundraising activities and through donations from individuals, corporations, and service groups. Donations of cash or services are always appreciated and tax receipts will be issued for donations of \$20.00 or more.

Charitable Registration Number: 140854852 RR0001

If you wish to make a donation to the Waterloo Regional Crime Stoppers program you can go to our website www.waterloocrimestoppers.com and click on the Donate button at right to submit a donation online.

You may also make a donation by sending your cheque to: Waterloo Regional Crime Stoppers
P.O. Box 2482, Station “C”, Kitchener, ON N2H 6M3

Pat DeLay, Chair—Waterloo Regional CrimeStoppers

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Cook's Corner

Tis the season for sharing sweet treats for your Christmas company, or for taking along when you visit. They are perfect for gift giving to someone who has everything... they don't have your cookies! Making cookies is a great thing to do with your children or grandchildren, creating a memory of tradition for upcoming generations. You can spend hours getting fussy with decorations or use a recipe as simple as melted flavoured chocolate bark. Plan a time and pick your cookies to match your time frame... but just be sure you stay in the moment and have fun! Making a mess is part of the fun, so don't fret over spilt milk or poofs of flour in the air.



The festive event will reward you in the end!

Coconut Meringue Macaroons

2 egg whites
1 cup white sugar
1 cup flaked coconut,
2 cups cornflakes cereal, crushed

Directions

Preheat the oven to 350 degrees
Grease cookie sheets.
In a large glass or metal bowl, whip egg whites to stiff peaks. Stir in white sugar. Fold in coconut and cornflakes. Drop by teaspoonful onto the prepared cookie sheets.
Bake for 18 minutes in the preheated oven, or until coconut is golden.



White Chocolate Bark

1 box bakers white chocolate
1/2 cup (or more to taste) dried cranberries

Directions: Melt chocolate in bowl over boiling water (or use double boiler). Remove from heat, stir in cranberries to coat. Pour onto wax paper lined cookie sheet and bang on counter to flatten as much as possible. Chill to harden, break into bite size pieces and serve.

Chocolate Coconut Stacks

A new version of this traditional no-bake cookie with marshmallows

1 cup sugar
1/2 cup whole milk
3 tablespoons cocoa powder
1/4 cup unsalted butter
1 teaspoon vanilla extract
3 cups rolled oats
1 cup flaked coconut
1 1/4 cups mini marshmallows

Directions: Line cookie sheet with parchment paper and set aside. Place sugar, milk, cocoa powder and butter into a large heavy saucepan. Stir over medium heat until well combined.

Turn heat to high and boil rapidly for 1 minute and take off heat. Add vanilla, rolled oats, coconut and marshmallows. Stir until marshmallows are melted. Drop using a tablespoon on cookie sheet rough shaped into round cookies. Chill in refrigerator for at least 1 hour, remove from sheet and store them back in the refrigerator.

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- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus.
- 4) You look like Santa Claus.

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Monday, December 22

1:30 p.m. - 8 p.m.

Steinmann Mennonite Church

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it's in you to give

Call 1 888 2 DONATE (1 888 236-6283) to
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on-line at www.blood.ca and help
meet the continuing need for blood.

WILMOT HORTICULTURAL SOCIETY



Monday January 12, 2015 at 7:30pm

Wilmot Recreation Complex

1291 Nafziger Rd., Baden Mtg Rm A

Annual General Meeting

Topic: Community Gardens and Beyond

Speaker : James Graham

Everyone is welcome to attend ~ No Admission Charge

Parent & Tots Skating

Meet Santa and get a sweet treat
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on December 17th at 11 am



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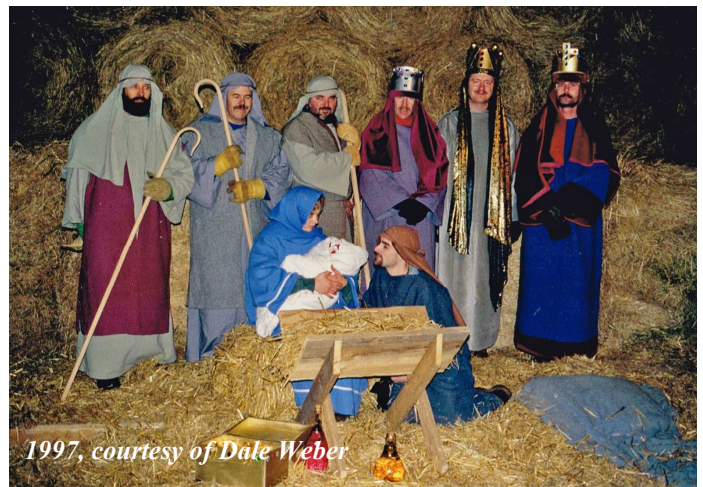


Bob from Baden asks Armand – I heard that Baden once had a live walking nativity called "Journey to Bethlehem." Can you tell me anything about this Christmas event?

Armand says: Why yes Bob, there was indeed a live walking nativity. The first "Journey to Bethlehem" was held the first Saturday in December of 1993. It was staged in the center of town behind the *Old Post Office Restaurant* (beside the library), in the little barn out back. The journey began at the Fellowship Hall building, on Snyder's Road West (this building has since burned down), and participants would walk along to encounter the Wisemen and Shepherds...and eventually come to the "stable" in Bethlehem to find a real live baby in a manger. People were told earlier that if the walk was too long for them, they could just wait for the group in the barn where the program would begin, when the "Journey" travellers would soon arrive. As the group approached the barn with a trail of a hundred people or more, the barn was nearly full of waiting people, anticipating a Bethlehem encounter!

Needless to say, the event was a great success, but it was the first and last time they had the event at this little barn, as the organizers, Bruce and Dale Weber, needed more room! The following three years, Bruce and Dale held the event at the Baden Beck Park, then from 1997 to 1999 they held the event at Harold Schmidt's farm, on Foundry Street. One year (1998) the walk was cancelled due to a wild rain and electrical storm that night! Yes, there were many challenges, but 400 people still managed to find their way safely to "Bethlehem" to enjoy a very meaningful Christian experience.

The final year that they put on this event (the 8th year to be exact), they had the program at the Baden Feed building on Charles Street. Every year, Bruce and Dale were well blessed to see an average of 300 - 400 people come out for this one night event, which was not a bad feat for a then small town. They always had animals to complement the scene and never once had to use a doll, as they always managed to find a newborn babe in town! Bruce and Dale started it and managed the event, but without the support of Wilmot Mennonite Church as well as volunteers from the community at large, it would not have happened. It is now a wonderful Christmas memory!



1997, courtesy of Dale Weber



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Pastor Joanna Miller

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Christmas Eve Candlelight Service 10:00 P.M.

Christmas Morning Worship 10:00 A.M. with Holy Communion



Please visit The Baden Outlook web site at www.badenoutlook.com for a directory of local churches.

A Community Gathers to Support in Times of Need

St. James Church Christmas Bazaar Helps Local Boy

St. James Church of Baden held a successful fundraising bazaar on Saturday November 29th, which was in support of 12 year-old Ethan Troupe and his family, of Baden. The bazaar raised approximately \$4,000 in donations.

Ethan was diagnosed with Leukemia in June. The family have made many trips back and forth to the Children's Hospital at London's Health Science Centre for treatment throughout the summer. Ethan has had many rounds of chemotherapy, but doctors have suggested that the best approach would be to find a donor who is a genetic match to share life saving stem cells.

St. James had a variety of fund raising avenues, including a silent auction, bake sale, hand made goods such as pickles and woodworking, and a coffee station.

Please keep Ethan and their family in your prayers this Christmas. The family has set up a Facebook page, "Ethan's Journey," where you can follow along with Ethan's progress.

(photo courtesy of Laurie Knarr)



Thank You

Two months ago our grand-daughter Brooklyn Honderich was missing in a cornfield that surrounded their barn. She was found 15 hours later and returned safely to her parents. We are very touched and moved by our local community support - in prayers, presence, offers of help and support and encouragement during this time. We also want to give huge thanks to fire departments, OPP, Search and Rescue, and other units, Ambulance and all others involved.

Sincerely Dave and Anne Honderich

**New Hamburg
Thrift Centre**
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The Empty Chair

Back by Popular Demand ~ An Annual Request at Christmas

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

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



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



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

Around the World at New Hamburg Thrift Centre

It's that time of the year again, where we anticipate Christmas and are close to finishing another year. On New Year's Eve many people celebrate with champagne, dancing, and kissing their loved ones when the clock strikes midnight, but what about the rest of the world?

Here are some New Year traditions from around the world that staff and volunteers have shared with us.

Emma (Assistant Manager from Colombia): "We have many traditions for New Year's, but the most popular is eating 12 grapes for good luck. We eat a grape with each of the twelve chimes of the midnight countdown while making a wish. Many then celebrate with a late-night family dinner before heading out to the streets to dance and watch the fireworks."

Anna (Volunteer from Germany): "German people eat a tiny marzipan pig as a token of good luck. The entire country also loves to watch the 1920s British Cabaret play "Dinner for One" that is broadcast on German television stations in black and white each year, and light up fireworks at midnight."

Natasha (student volunteer from Portugal): "My Grandma makes a dish with the name of Caldo Verde e Brao (or green broth and corn bread) which is eaten as a part of traditional New Year celebrations."

At the New Hamburg Thrift Centre we have staff, volunteers, and customers from different parts of the world. The Mennonite Central Committee works in every continent in the world except Antarctica and Australia, with offices in more than 50 countries, as well as offering relief, development or peacebuilding work in at least 10 more. So our community is not as small as we think; the impact you make every time you buy, donate, or volunteer is worldwide. Thank you for your contribution!

To learn more about where MCC has programs visit <http://mcccanada.ca/learn/where>



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*Merry
Christmas*



How to Avoid Holiday Debt

Brought to you by the Chartered Professional Accountants of Ontario

It seems everybody loves the holiday season – spending time with friends and family, the gifts, the meals, and the parties. However, there can be a dark side to the festive season: post-holiday debt. The best way to handle that – avoid debt in the first place.



what you're spending so you have a rough idea of where the money is going."

"It's hard, but when purchasing gifts it really helps to keep the emotion in check; make a list of gifts that is pared down and covers just those things you have to get and can afford," says Denise Wright-Ianni, CPA, CGA, a sole proprietor with offices in Toronto and London. She recommends coming up with a plan and sticking to it.

"I tell people to shop early and to spread out the pain over a few months. Go online, do some research and check prices, even if you prefer not to buy online. Most people don't seem to know it, but many stores will price match if you bring in a price quote from another retailer," says Denise.

"People can go crazy during the holiday season, throwing caution to the wind and spending like it's going out of style," says Kody Wilson, CPA, CA, who works in Tax Advisory and Business Valuation Services at Ginsberg Gluzman Fage & Levitz, LLP in Ottawa. "When we shop for ourselves we look for bargains and compare prices. For holidays, people just go in and pay for an item to get it over with and off the list. That's a bad strategy."

"Some people use their credit card haphazardly and, come January, they say: 'What did I do?' It pays to keep a list and track

Kody also notes that presents are just the tip of the iceberg; don't forget about festive dinners and entertainment costs. "Lots of people go out to restaurants during the holidays. It's easier to host a dinner or go to someone's house and it's certainly more affordable."

"Some people can't manage credit cards, but they use them anyway," says Denise. "If you tend to over-spend, price shop, then go to the store with cash, not your credit card. If you feel you have to use the credit card – perhaps to get points – consider going to the bank right after you use the card to pay off the amount spent. The bank is happy to let you do it and you can get that debt off the books right away."

"People need to assess what they really can and cannot afford. During the holidays we want to give great gifts but you need to keep perspective on your personal budget and income level," says Kody. "It makes no sense to put yourself in debt for months after the holidays."

Denise adds: "The most precious gift is the gift of time so, instead of buying every last trendy gift, consider spending more time with the people you love or doing something for them like running errands. You don't have to spend a lot to give something valuable."



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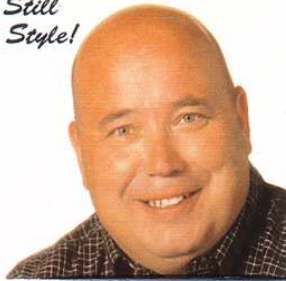
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*"Keeping the
Community Connected"*



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As Christmas is just around the corner, some people are beginning to experience the annual, "Is there going to be a White Christmas?" anxiety. Why worry? As with the previous snowy winter, we are surely inclined to have a Yuletide clad in white. So, instead of pondering the merits or demerits of a non-white Christmas, let's look into a few season-related themes.

Why is Christmas abbreviated "Xmas"?

A common explanation is that the abbreviation is an attempt to take the "Christ" out of "Christmas" and make it a secular holiday. Another view dates back to the sixteenth century. The Greek letter "x" is the first letter of the Greek word for Christ, Xristos. "Xmas" therefore means "Christ's Mass."

Did you know that Santa comes on December 6th?
(In Germany!)

The 6th of December is traditionally the day that St. Nicolas (Santa Claus) visits households with children in German-speaking countries. He usually shows up at dusk, awaited by anxious youngsters hoping for him to find their names in the "Golden Book," meaning they were good throughout the year. Good children are rewarded with goodies. But woe to the child whose name comes up in the "Black Book," proof of deplorable juvenile behaviour. This tot receives a symbolic cane or bunch of twigs – with some conciliatory goodies – as a reminder of impending punishment in the event of continuing puerile opposition. Children display their gratitude by reciting a seasonal poem and offering a treat for St. Nicolas' donkey, a less flashy mode of transportation than his North American counterpart is accustomed to. These countries also celebrate Christmas on Christmas Eve, December 24th. Only it's not Santa Claus who brings the presents, but the Christ Child – perhaps an analogy to the adage, "He who gives shall receive." (Now He, who received the Gifts of the Magi, can return the favour to the rest of us.)

Why is it a custom to kiss under the mistletoe?

The cherished and much-practised custom of kissing under the mistletoe may be related to a Scandinavian goddess. Frigga, the goddess of love in Norse mythology, is strongly associated with mistletoe, which has been used as a decoration in homes for thousands of years. Mistletoe is associated with many pagan rituals. In fact, the Christian church disliked the plant so much, thanks to its pagan associations, that it forbade its use in any form. Some English churches continued this ban as late as the 20th century! According to Charles Panati in his entertaining book "Extraordinary Origins of Ordinary Things," holly became a Christian substitute for mistletoe, which is why we "deck the halls" with it. The sharply pointed leaves in holly were supposed to symbolize the thorns in Christ's crown and the red berries were to symbolize his blood.

Why do we decorate trees for Christmas?

Because the evergreen tree is perpetually green, it has been used as a symbol of eternal life since the ancient Egyptians and Hebrews. The Scandinavians believed that the evergreen could even scare away the devil. Decorating an evergreen tree in honour of Christmas became popular in the Middle Ages, especially in Germany. The decorations then consisted of candles and wafers, to symbolize Christ and the Host. Martin Luther is said to have been the first person to put candles on a tree. The decorated wooden Xmas pyramid also enjoyed popularity at that time. The tree became popular in Europe and America in the 18th century and the Victorians started decorating trees with candies and cakes hung with ribbon. Woolworths (anybody still remember this department store?) began selling manufactured Christmas ornaments in 1880 and the custom quickly became widespread. The first electronically lit Xmas tree appeared in 1882.

There must be many more Christmas practices from around the globe, but in the end, they all boil down to Joyeux Noël, Frohe Weihnachten, Feliz Navidad, Good Yul,... oh, and Merry Christmas!



Merry Christmas!
Joe, Courtney, Doug & Joanne



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Christmas Carol Puzzle Quiz — Answers on page 39

1 	2 	3 	4 A B C D E F G H I J K M N O P Q R S T U V W X Y Z
5 	6 	7 	8
9 	10 	11 	12
13 	14 	15 	16

Watch for the
 2015 Outlook Calendar
 coming to Baden residents in
 the mail by the end of the
 month. This is a gift to you from
 the contributing Baden business
 sponsors. The calendars will also
 be for sale at Mars Variety for
 those who have a "junk mail
 block" or perhaps to
 buy an extra one for a
 Christmas gift.



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Season's Greetings from Interfaith



ICCC Administrative and Counselling Staff,
Back row to Front row (l-r): Leanna, Lisa, Hendrike,
Matthew, Phil, Rebecca, Fiona, Paula. Absent: Nancy



We have recently welcomed two additional counsellors to our team at Interfaith. Abby (L) was a former Intern who has returned to Interfaith after gaining years of valuable training and experience with youth and individuals struggling with addictions. Leslie (R) has relocated to KW and brings a wealth of knowledge and expertise in family and couples therapy. They both have chosen Interfaith as a way to devote their skills to community based non-profit service.

Consider giving the **Gift of Support**. Your donation can:

- Provide services to individuals and families that do not have financial means to access services
- In 2013, more than 2700 hours of direct service hours were provided to those in need
- Provide support programs such as Bereavement Support Program, Parenting workshops or other services.

Interfaith is a registered charity, a receipt for income tax purposes can be issued to you, the donor, for the value of your donation.

Gift of Time: We are currently seeking energetic, self-motivated individuals who are interested in joining our dynamic team as a volunteer Board Member, Committee Member or volunteer office help. To learn more about these opportunities, the non-profit sector, meeting new people and earning volunteer hours while helping those in need, please feel free to contact Paula at our office for more information.

23B Church Street, New Hamburg
519-662-3092, interfaith@golden.net
www.interfaithcounselling.ca

2015 at a Glance...

January: Adult Bereavement Support Program

January: Children and Teens Suicide Bereavement Support Program

TBA: SafeTalk workshop in partnership with the Waterloo Region Suicide Prevention Council

March 25: Annual General Meeting

March 27 & 28: Growth Through Marriage Prep Course

April 25: Annual Silent Auction

June 11: Ladies Night Out

Monthly and On-going:

* Side by Side peer support group for those bereaved by Suicide

* Let's Talk support group for those supporting family and friends with mental health challenges



CHILDREN & TEEN'S BEREAVEMENT SUPPORT GROUPS

A safe and supportive environment for individuals facing loss

Ages 5-9

A 5 week support group for children bereaved by suicide.

Start Date: Monday January 12th, 2015
Weekly from 6:00pm to 7:00pm

Ages 10-16

A 5 week support group for youth bereaved by suicide.

Start Date: Thursday January 15th, 2015
Weekly from 6:00pm to 7:30 pm

Location:

Connections - Aldaview Services
332 Hamilton Road
New Hamburg, Ontario

*****individual sessions are available immediately and through the holiday season**

This program is available FREE to participants through proceeds donated by the ECHO Community Concert hosted by Hillcrest Mennonite Church

Supported by the Waterloo Region Suicide Prevention Council and Suicide Action of Wilmot Wellesley



Register at
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Presents...

GROWING THROUGH MARRIAGE

A marriage preparation course for those newly married or getting married spring/summer 2015

Topics include:
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Friday March 27 6pm-9pm &
Saturday March 28 2015
9am-4pm

Cost: \$175.00 per couple
(includes workbook & lunch)

Facilitated by:
Matthew & Hendrike Isert Bender

Location:
Nith Valley Mennonite Church
1355 Bean Road
(corner of Walker Rd.)
New Hamburg, Ontario



To register or for more information please call:

Interfaith
Community Counselling Centre

519 662-3092

www.interfaithcounselling.ca

ICCC strengthens the fabric of our community by equipping individuals, couples and families to realize emotional wellness and triumph over life's challenges

MERRY CHRISTMAS WORD SEARCH

G	L	E	T	W	C	R	S	T	O	C	K	I	N	G
Y	I	P	I	D	A	E	R	B	R	E	G	N	I	G
A	C	O	V	T	R	P	Y	A	E	C	E	F	F	U
R	E	A	S	L	E	Q	I	X	O	C	T	A	P	Z
E	M	I	R	Y	H	A	U	D	P	S	A	J	O	N
S	E	A	P	O	B	E	T	H	L	E	H	E	M	I
N	R	U	L	O	L	D	O	N	T	F	O	S	P	U
A	R	L	S	L	E	I	G	H	A	A	S	U	D	O
M	Y	N	O	K	L	T	T	O	Y	S	I	S	H	R
W	C	E	N	E	M	E	S	I	W	F	E	T	A	N
O	B	M	K	A	J	L	O	Z	Y	E	G	V	M	A
N	E	R	N	O	L	U	H	M	G	O	T	E	L	M
S	O	G	I	E	O	Y	D	N	A	C	X	O	N	E
V	E	R	B	I	J	O	T	H	U	W	B	K	A	N
R	E	E	D	N	I	E	R	Q	C	A	E	E	R	T

Find the Christmas related words hidden in the grid below. You will find them frontwards, backwards, vertically, horizontally, and diagonally. Good luck, have fun!

- | | |
|-------------|----------|
| BELLS | ORNAMENT |
| BETHLEHEM | PEACE |
| CANDY | REINDEER |
| CAROL | SANTA |
| CHRISTMAS | SLEIGH |
| ELVES | SNOWMAN |
| GIFTS | STAR |
| GINGERBREAD | STOCKING |
| HOLLY | TOYS |
| JESUS | TREE |
| MANGER | WISEMEN |
| MERRY | YULETIDE |



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Answers to Christmas Carol Picture Quiz from page 36

- | | |
|--------------------------------------|-----------------------------------|
| 1. JINGLE BELLS | 9. WHAT CHILD IS THIS? |
| 2. WALKING IN A WINTER WONDERLAND | 10. WE THREE KINGS OF ORIENT ARE |
| 3. SANTA CLAUS IS COMING TO TOWN | 11. DECK THE HALLS |
| 4. FIRST NOEL | 12. HOLY NIGHT |
| 5. RUDOLPH THE RED NOSED REINDEER | 13. FELIZ NAVIDAD |
| 6. LITTLE DRUMMER BOY | 14. AWAY IN A MANGER |
| 7. I'M DREAMING OF A WHITE CHRISTMAS | 15. SILVER BELLS |
| 8. I SAW THREE SHIPS | 16. SANTA LOOKED A LOT LIKE DADDY |

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You Must Be Joking!!



Q: What do you call an elf who sings?
A: a wrapper!

Q: Why is Christmas just like your job?
A: You do all the work and the fat guy with the suit gets all the credit.

Q: Why does Santa Claus go down the chimney on Christmas Eve?
A: Because it soots him.



Q: What do you call a kid who doesn't believe in Santa?
A: A rebel without a Claus.

Q: Why are Christmas trees so fond of the past?
A: Because the present's beneath them.

Q: What do you get if you eat Christmas decorations?
A: Tinselitis!

Q: Who doesn't eat on Christmas?
A: A turkey, because it is always stuffed.

Q: What do you call an obnoxious reindeer?
A: RUDEolph.

Q: Why was Santa's little helper depressed?
A: Because he had low elf esteem.

Q: What Christmas Carol is a favourite of parents?
A: Silent Night

Q: What do snowmen eat for breakfast?
A: Frosted Flakes

Q: What is the popular Christmas carol in a desert?
A: Camel ye Faithful.



Merry Christmas
from my family to yours!

Michael **HARRIS**
MPP KITCHENER-CONESTOGA

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From our family to yours,



*Merry
Christmas*

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