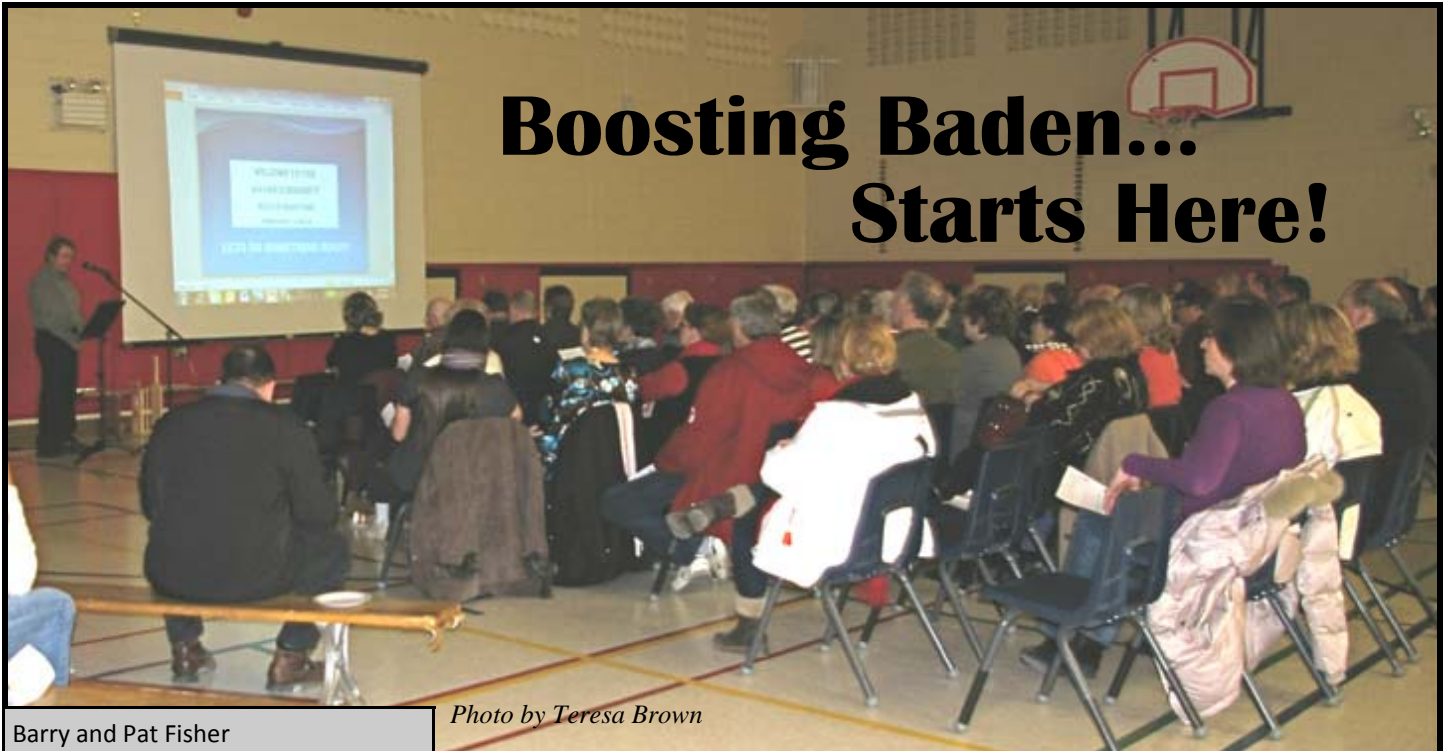


The Baden Outlook



Boosting Baden... Starts Here!

Photo by Teresa Brown

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Yes Baden, we are on the right track!!

There were over 75 enthusiastic people who came out to show their interest and support the Baden Community Group meeting at Baden Public School on Tuesday, February 7th.

It was great to have the presence of our dignitaries, including Mayor Les Armstrong, CAO Grant Wittington, Councillors Al Junker and Peter Roe along with MPP Michael Harris. It mattered to have their voice and nod of approval.

There were many guest speakers starting off with Dennis Mighton and Don Poth from New Dundee, who told their story and discussed their strategies for success in their town of 1300 people.

We thank the local vendors (*see list on page 20 - 21*) who generously provided

refreshments and door prizes, which were enjoyed by all.

Guests were given a survey sheet and were asked to share their ideas of what they would like to see happen in Baden, and to make note of what role each would choose. When asked to tick the box to specify interest in joining the steering committee, twenty three people were eager to take part. There will be a follow up meeting scheduled in the upcoming weeks with the steering committee and the launch of this group.

Once again... many hands make light the load... so thanks to all that attended, it proves there is interest.

A special thanks to Kenton Frey and Teresa Brown for listening and encouraging us with the idea, and for their support at the meeting—friends!!



This paper is priceless - Please have one!

Talking with Ed



The Circle of the Cycle?



I find it amazing how things can go out of fashion so quickly but many years later they are suddenly the latest trend. The PT Cruiser and Chevrolet

HHR are perfect examples of this. There is a rebirth of the classic muscle machines such as Dodge Charger and Challenger and this year Dodge is relaunching their ever popular “Dart”. The reformed Volkswagen Beetle made the transition - oddly enough I am surprised that we haven’t seen the Corvair make a comeback. Is this rebirth due to the fact that companies are running out of design ideas or are they trying to capitalize on past successes?

Fashion also comes and goes. I recall looking at some old photographs and seeing the thick rimmed glasses and long hair, which in my opinion are not that glamorous, but are all the rage today. Miniskirts, plaid and striped pants, wide ties, tall boots, fedoras, Dickies, Bermuda shorts, bell bottom pants as well as combat and earth boots, have gone and resurfaced.

How about home décor? Black and white kitchen tiles, wood floors instead of carpet, wallpaper, and rustic furniture all create an older look. This also might be a

selling tactic as the major buying power now rests in the hands of the people who grew up with this style—or lack of.

My co-workers and I were enjoying a freshly brewed coffee at a local establishment. A comment was made and the youngest of my co-workers (age 24) replied by saying “No Guff”. “No Way Jose” was the response from another co-worker. I felt like I was sitting around my old hang out, the M&M restaurant in MacTier, at an age of 17. According to my mates they believe older terms are making a comeback – just like fashion, vehicles, and décor.

New words are created; older words go out of style. Words can change meaning over time, vowel sounds shift, consonants are lost or added and one word becomes another. Living languages refuse to be static. Slang words, in my humble opinion, were created for two reasons – to have a lingo that kids can call their own and secondly to drive their parents nuts. My father particularly hated this secret language and we soon discovered that it was not to be used around him. I did a little research and found a list of popular words that I might fit into some sentences to give everyone a blast from the past.

I am feeling **decked out** tonight – I have my **ivy leaguers** on and picked up my new **peepers**. How about taking our **foxes** to the **passion pit**. Okay **chrome dome** I have the **brewskies**- if you have a **church key**. That would be **keen** but I am not riding **shot gun** in your **skuzz bucket** it is **groady**, besides the **fuzz** might pull us over. What are you talking about? My **short** has **three on the tree, twice pipes**, and is a **woody wagon** – it is **souped up** and **outta sight!**

Mean while back at the ranch, I think it is time to **split** so don’t **go ape**, *we’ll be back atcha!* Until next month...Ed



You Know You’re From Waterloo Region If You Remember ...

- You have been to Pepi’s Pizza
- You partied or watched a movie at the Lyric.
- You remember the old Hi-Way Market; wooden floors, lobsters and all! Charcoal Restaurant used to be upstairs.
- Mothers pizza, Ponderosa
- Dutch Boy, Towers, Robinson’s, Consumer’s Distributing, Big Bill’s Bargain Warehouse, Krazy Kelly’s, Woolco, Woolworths, Simpson’s, Kresge’s, Bargain Harold’s
- The Great Skate Place, Super Skate Seven, Roller Alley, The cement rink at Bingeman’s, Phoenix Roller Sports, Roller skating at the Aud
- The Old English Parlour, Don Cherry’s, Phil’s Grandson’s Place
- The Eat ‘n Putt
- You walked around with different coloured balloons at LULU’S (you’re old)...or shopped at the Kmart that was there before that (really old!)
- Old Fairview Mall...Food Court in the middle with the big Orange Julius and the indented area in front of the Bay... Woolco at the other end, Zehr’s in the middle...puppet show machine, photo booth
- Drive ins--Twin City Drive In, KW Drive In (Bridgeport), Parkway Drive In
- You have been served by a carhop at the A&W...
- BF Goodrich, Uniroyal, Budds, MTD, Bauer’s, Arrow Shirts, Kaufman’s, Greb’s, Schneider’s, Seagram’s, Labatt’s, Pepsi (Wilson&Fairway), Coke (King St), Rumpel Felt, Dominion Bakery, MacIntosh Cleaner’s, Newtex, Custom Trim

Submitted by Mike Hooton

EXTRA!! EXTRA!!

There are copies of The Baden Outlook available in Baden at Egli’s Meats, Mars Variety, EJ’s, Mac’s, One Way Water, Baden Library, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

In New Hamburg at No Frills, Sobey’s, Short Stop, Kasemann’s, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, New Hamburg Library and various offices and retail locations throughout Wilmot Township. Also available at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg) Foxboro.

~ And as always, It’s Priceless ... Please Have One!



Greetings from Outlook Headquarters

We had a great response from our 2012 Outlook Calendar, thank you! And also thanks to all those who donated pictures over the years which we used in the calendar, although we did struggle with the details of the photos given to us regarding time frames and locations. After much research though, we did have a blooper. So, thanks for pointing out to us that the photo on the May page actually shows Regina Schumm on the fire escape at the old Baden school (behind Mars convenience), not the Linseed Oil Company as was mentioned.




As you can see the picture was taken facing west towards Foell Street, with Castle Kilbride to the right, Baden Hotel in the middle and the Presbyterian church on the left.

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



Baden... We are on the right track!!
Thanks to those who joined the town meeting
sharing your mutual interest in Baden.



WILMOT COMMUNITY POOL ~

**Thank you Baden Outlook for sponsoring the first
FREE swim at the Wilmot Recreation Aquatic Centre!
We had a great turn-out (260 participants)!**

There are more FREE swims coming up!!

Wednesday March 14th and Friday March 16th from 1-3 p.m.
Sponsored by Tim Horton's

Friday March 16th from 7:30 – 9:00 p.m. – Sponsored by
Howard and Kimberly Dolman & Associates Eyecare Centre.



Help us shape the future of Trails in the Township of Wilmot.

The Township of Wilmot is developing a Trails Master Plan to create a strategy for the development, implementation and management of a trail system in the Township.

The process is just getting started and your input is an essential part of it. We need your input to determine trail locations, types of trails, and trail priorities in the Township.

Through the months of February and March you will have an opportunity to complete an online survey, sketch trail priorities online, and attend a drop in format open house.

Join us at one of the following open houses

February 23, 2012, 5 - 8pm at the New Dundee Community Centre
1028 Queen Street, New Dundee

February 29, 2012, 5 - 8pm at the St. Agatha Community Centre
1793 Erb's Road, St. Agatha

March 8, 2012, 5 - 8pm at the Wilmot Recreation Complex
Wilmot Meeting Room, Main Level, 1291 Nafziger Road, Baden



 Follow us @WilmotTrails

 Email us trails@wilmot.ca

**For more information or to get involved
online visit www.wilmot.ca/trails.**

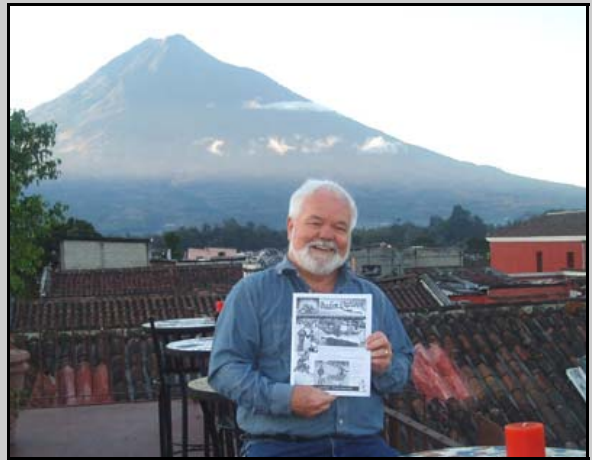




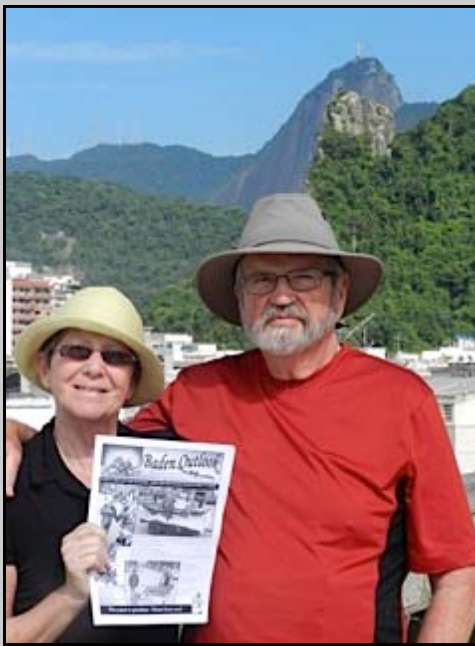
Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



The Baden Outlook didn't have to go far to have a really good time. Laurie & Matt Musselman, their friends Kathy and Terry, Deanna and Sean Carney, Kristina and Brad Ziegler, Jenna and Jason Beck, Cathy and Raymond Ruston had fun dancing at the Baden Fire Fighters Dance.



Jim Bishop took his Outlook to Guatemala to see who he could help ~ (see his story on page 27)



Peter and Karen Morris from Stonecroft, New Hamburg cruised from Santiago, Chile to Rio de Janeiro, Brazil. They are standing on the rooftop cafe of their hotel at Copacabana Beach with the Christ the Redeemer statue in the background.



Don't forget to pack your Baden Outlook!



Connor McGrogan, Emma McGrogan, Calvin McGrogan, Alli McGrogan, Madison McGrogan, Danielle Finch and Riley McGrogan. We went on a cruise to celebrate Alli's 40th, Calvin's 19th, Madison's 18th and Danielle's golden birthday. We went to 2 Bahama Islands and Key West and partied like rock stars!

MPP FOR A DAY

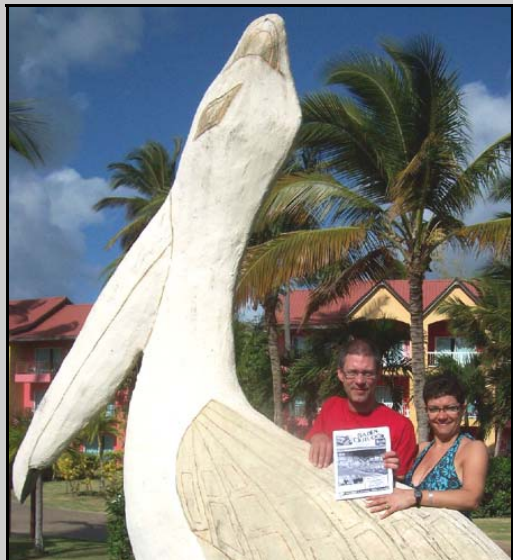
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...to Dominican, Disneyland, and cruised the oceans and even had a great time at home at the Fire Fighters Dance!



Tim and Kim Gowland read their Outlook to the resort pelican while on vacation in Punta Cana, Dominican.



Princess Payton and brother Nic took their Baden Outlook to Disneyland with parents Lisa and Josh Egli in January.



Kevin, Hunter and Erin Shantz took their Baden Outlook on a holiday to the sunny south at the Grand Bahia Principe Bavaro in Punta Cana, Dominican Republic.



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Something I find myself being asked about more and more is whether to buy a Mac or a PC computer. I have used both, have owned both, and I service and repair both.

Hardware

I commonly hear things like "Macs must have better quality hardware than PCs. My friend just bought a brand new Mac and his computer is so much faster than my brand new PC". Firstly, you need to compare apples to apples (no pun intended). Apple does not sell "low-end" hardware. When you purchase a PC, it is very easy to purchase technology that is even 3 or 4 years old if you're only looking at the price tag (even though it was actually BUILT this year). This is why the Mac cost \$1500 before taxes, and the PC cost \$400. You will notice that purchasing a \$1500 PC will yield excellent performance in comparison to a Mac. Also, it is true (for the most part) that Apple is a bit "choosy" with their hardware. They do tend to use better quality components in their systems. That being said, you do have options in the PC world too. For example, component quality in a Sony PC will be more comparable to a Mac than an Acer PC would be.

These days, Macs are essentially identical to PCs in hardware they use. Both PCs and Macs are running Intel's latest Core i series processors as well as other very similar components. They now both use EFI (Enhanced Firmware Interface), which has replaced the BIOS in newer PCs, to boot the computer to the operating system (Microsoft Windows or Mac OS). So does this mean your PC will run Mac OS? In theory, many PCs have the hardware capability of running Mac OS, but none have the correct EFI program to boot Apple's software. They are also missing a TPM (Trusted Platform Module) and the correct programming to authorize the PC to run it; this is how Apple prevents you from installing Mac OS. So, from a legal standpoint, it is not possible. From a possibility standpoint, there are hackers out there who have managed to bypass Apple's security features and have installed Mac OS X on a standard PC with all the features of a real Macintosh.

Keep in mind that standard PC towers are much easier to get replacement parts for, and are typically far less costly. In some cases if I have needed parts for an Apple computer and can only get them directly from Apple at an incredibly high premium. A standard PC tower (even most name-branded ones) will take standard generic hardware.

The Soul of the Mac

So if the hardware is virtually identical (again, no pun intended), what makes a Mac ANY different than a PC? The bottom line is, Mac OS.

Mac OS is the computer's operating system. It is what makes everything function the way it does and is what you see on screen. Mac OS operates on similar principals as Windows. The one thing that sets Mac OS completely apart from Windows is the base it was built on. Mac OS itself is mostly the "pretty stuff" that you see, the buttons you push, etc. The underlying part, the most important part, is not made by Apple (although it has been tailored by Apple to fit their needs). The underlying part is a system called UNIX (often used in high-end server configurations; similar to Linux). This UNIX base is what makes Mac OS so secure and reliable.

Another thing that makes Apple products so reliable is how they prevent or discourage certain types of third party customizations. This has been a large contributor to why so many things don't run on the Mac, or why certain pieces of hardware are incompatible with the Mac. With the introduction of Apple's new Mac App Store, they now have even more control as to how third parties develop applications. They are compromising functionality for security. For some people, this doesn't pose a large problem; for others, it can be irritating.

Apple also "encourages" operating system updates and upgrades, and tends to break support for older versions making them obsolete long before necessary. This means that you need to keep purchasing new versions of Mac OS simply to be able to use things like new printers or new software. In some cases, these new versions of Mac OS will operate slower than the previous version did. At some point, Apple will block older hardware from being able to use newer versions of the operating system, forcing the user to purchase an entirely new computer. This eventually happens in the world of Windows too; but just think how long Windows XP has been around for, as well as the application and driver support.

On the Other Side of the Gates

Microsoft Windows is what most of us are familiar using. The latest "finished" copy of Windows, Windows 7, delivers excellent performance, usability and an overall very "clean" user experience. Microsoft picked up a lot of grief from its prior release

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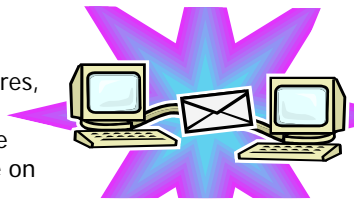
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(Windows Vista), mostly due to its tendency to be a bit of a memory pig and its nagging security confirmations. Minor annoyances included such things as small inconsistencies in the user interface, and older programs not functioning properly in the new environment. Rest assured, the latest release of Windows 7 is here to impress and is a pure joy to use. It is *much* faster and does not taunt you constantly with security warnings (only when necessary). The Windows 7 base is also much more secure and stable than any prior version of Windows, including Windows XP. Windows is, unfortunately, seen as being more vulnerable to viruses. This is partially because Windows is more widely used, allowing for the biggest impact of mischief to be felt. Overall, keeping your copy of Windows up to date, running a good antivirus (such as Microsoft Security Essentials), and being cautious about the websites you visit will *significantly* decrease your chance of picking up things like viruses. Try to avoid websites that contain illegal material and similar. Sometimes virus code is imbedded into certain ads on websites (commonly free tv sites); using browser extensions such as Adblock and NoScript will decrease your chance of having this code run on your PC, although the ultimate solution is to stay off these sites.

The Multimedia Myth

If you want to edit pictures, movies, etc, it does not mean that you need a Mac. Most of the popular applications are available on BOTH platforms (Mac and PC).



Macs don't actually natively support video decoding through the graphics processor, which can cause significant slowdowns when watching (or real-time rendering) high definition video in certain scenarios. This isn't a huge issue for most of the population (it was for me), but it is a little irritating that it is advertised as a super multimedia computer and is missing this feature; this is something Windows has supported for several years now. Also, it is moderately annoying that there is no Blu-ray option for any Mac configuration, making it very difficult to produce and distribute edited video (yes, there are ways to MAKE a Bluray drive work and play movies; I'm not sure about burning your own edits though).

Conclusion

All in all, I just plain like technology. Providing you have adequate hardware specs, both Macintosh and Windows based PCs are very fun to play with and come with many neat toys/features. I really do like Apple's hardware and user interface design (from an aesthetics perspective), and I really like the freedom Windows gives me for customization. I find Windows to be more productive when multitasking, with Mac OS often feeling more "cluttered" when I'm running multiple applications. My personal preference is Windows (these days anyway) as it fits my usage much better.

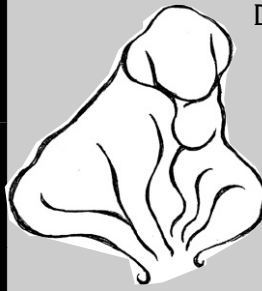
The bottom line is, evaluate both platforms and play with their different features and make an educated decision. Don't just get a Mac because people tell you they never break; everything breaks at some point – trust me. And if you're looking at PCs, don't just grab the one with the lowest price tag (you will complain about it being slow after several months). Compare the specs, price, and quality to make the choice that's right for you.

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Climbing for Alzheimer's

We need your help and support in a unique

challenge we have decided to undertake. At the end of June, my son Chris and I are doing something unlike anything we've done before. We will be climbing to the summit of the recently active volcano, Mount St. Helens.

We are doing this as a fund raising project for the Alzheimer's Society of Ontario in conjunction with the "Walk for Memories Campaign". (Took place Jan 29th 2012) The summit of the volcano is 8000 feet in elevation so we have set the lofty goal of raising a dollar per foot for a total of \$8000. We reached \$1000 before the walk and have \$7000 to go

I live in Morningside in New Hamburg and I am turning 60 years old this year. Many people do something special for their 60th. I am no different. We are hoping to make a difference for those who are fighting this debilitating disease, as well as well as inspire you all to challenge yourselves this year as we have.

I believe we will have to get in touch with at least 16000 people to get 800 to donate just \$10 a piece. This is not a one day stroll in the park it is going to involve a lot of work, sweat and preparation. There are no shortcuts to the top. We will have to climb this mountain one step at a time.

We greatly appreciate your donation and any support you can provide.

Thank you for generously supporting our journey to fight Alzheimer's disease. Your gift will help fund essential programs and services such as day programs, caregiver support groups and family counseling. These programs provide Help For Today for individuals living with Alzheimer's disease and related dementias, their families and caregivers.

\$15 or more will get a tax receipt. Send checks to: Alzheimer Society of Kitchener-Waterloo 831 Frederick St Kitchener, ON N2B 2B4 (climbing for Alzheimer's)

Again, my sincerest thanks for your kind and generous support. Thank You ~ Gary and Chris Collins

Visit our facebook page <http://tinyurl.com/gclimb> for updates. The link to the Alzheimer's on line donation page is our web page.

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Ask Armand ~



Barb from Baden wonders: While on her walk down Charlotta Street she passes these 6 pylons and can't figure out what they may have been used for.

Armand explains : Well Barb, years ago Chris Herner (father of Harley Herner ~ former Herner Wood) and Reg Eastman had a farm gas delivery business.

There were two large tanks on the six concrete pillars. Whenever the tanks needed to be filled a railroad tanker car would be parked at the siding for a maximum of three days, where fuel



could be pumped from the rail car to the tanks. From there the two gentlemen delivered gas to farmers in their fuel trucks. Once they got to the farms they would pump fuel into five gallon drums and pour the fuel into the farmers 45 gallon drums which would be used for their tractors.

The company was sold several times over the years including Bricker Oil, Alvin Jutzi, Laverne Schwartzentruber and Carl Erb and finally E & S Fuels which was on Snyder's Road East near Sandhills. Esso eventually shut down the farm fuel business.



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Checking Out the Baden Branch Library

Forest of Reading books are available at all Region of Waterloo libraries. This includes Blue Spruce, Silver Birch, Red Maple and White Pine. Use the library catalogue to place holds on books you need or ask library staff for more assistance.

9:30 to 10 a.m. and includes stories, songs, rhymes, and crafts. The **Just for You Baby** program is for babies and their parents and/or caregivers on Wednesday mornings from 11 to 11:30 a.m. Lots of songs, rhymes, and sensory activities.

All programs begin the week of April 3, 2012. Programs are free and registration is limited. Contact the library at 519-634-8933 or badenlib@regionofwaterloo.ca for more information, or visit our website at www.rwl.library.on.ca.

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

Our **March Break** program, “Music with Erick Traplin” will be held on Tuesday, March 13 at 4 p.m. Erick sings, plays the guitar and harmonica, and brings a “tub full of fun and surprises for all!” His show appeals to all ages and encourages audience participation.

The New Hamburg Branch Library (519-662-1112) will be hosting the Reptile Show from Hamilton Reptiles on Tuesday, March 13 at 10:30 a.m. This show features many different animals, from small lizards to large tortoises and even a boa constrictor!

Ticket prices for all shows are \$3 each or two for \$5. **Everyone** who attends must have a ticket, including small children and adults. One person = one ticket. Get your tickets early – space is limited at all programs.

Come Read With Me evening family storytime continues until Feb. 29. This program, recommended for parents and/or caregivers and children 3 to 7 years old, is held Wednesday evenings from 6:45 to 7:30 p.m. Read, play games, and learn about literacy in fun ways! Drop in (no registration is required); it’s free!

Registration for the spring session of all children’s storytime programs will begin on Tuesday, March 6. Programs are designed to develop an appreciation of literacy in the early years:

Storytime is for children ages 3 to 5 years old and is offered on Tuesday afternoons from 1:15 to 2 p.m. **OR** Wednesday mornings from 9:15 to 10 a.m. This program includes stories, songs, games, and crafts.

Toddler Tales is for parents and/or caregivers and 2-year-old toddlers. It is held Wednesday mornings from 10:15 to 10:45 a.m. **OR** on Thursday mornings from

Studio Tour

Call To Entry:
Artists in and around Wilmot Township, applications now being accepted online at www.ruralroutes.org

November 2 & 3, 2012
10 am to 5 pm
Saturday & Sunday
www.ruralroutes.org

Baden Branch Library - NEW Hours

Baden’s hours are changing to serve you better!

Tuesday: 2 - 8 p.m.
Wednesday: 10 a.m. - 12 p.m. / 2 - 8 p.m.
Thursday: 10 a.m. - 12 p.m. / 2 - 8 p.m.
Saturday: 10 a.m. - 1 p.m.

Sunday, Monday and Friday: closed

Come Read With Me, an evening family storytime, is recommended for parents/caregivers and children 3 to 7 years old.

Wednesdays 6:45 to 7:30 p.m. from Jan. 11 to Feb. 29 at the Baden Branch Library. Read, play games, and learn about literacy in fun ways! Drop in! It’s free!

You Must Be Joking!!



Dear Friends,

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in **Cognito**. I hear no one recognizes you there.

I have, however, been in **Sane**. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.

I would like to go to **Conclusions**, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in **Doubt**. That is a sad place to go, and I try not to visit there too often.

I've been in **Flexible**, but only when it was very important to stand firm.

Sometimes I'm in **Capable**, and I go there more often as I'm getting older.

One of my favourite places to be is in **Suspense!** It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in **Continent**, and I don't remember what country I was in. It's an age thing.

~ Submitted by an Experienced World Traveller.

Classified ~Job Postings:



Immediate positions available.

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NOTES FROM THE ATTIC - Baden Woman Murdered

Edward Schwartzenruber from Shingletown appeared at our door several months ago quite excited about a diary that his father Emanuel kept from the late 1920s to 1960. There were the typical entries such as weather conditions and daily activities, but occasionally there would be a breaking local news story. One such story was recorded on May 19, 1930 and a second entry on May 22. The exact diary account is written below.

On May 10th Noah Gardner's daughter, Rita the eldest: left Baden with George H. Redfern of Kitchener, married salesman, to Montreal presumably on a business trip. Not against the wishes of her parents and expecting to return on Sunday evening in order to be at the place of employment in a Kitchener office. But she never returned alive.

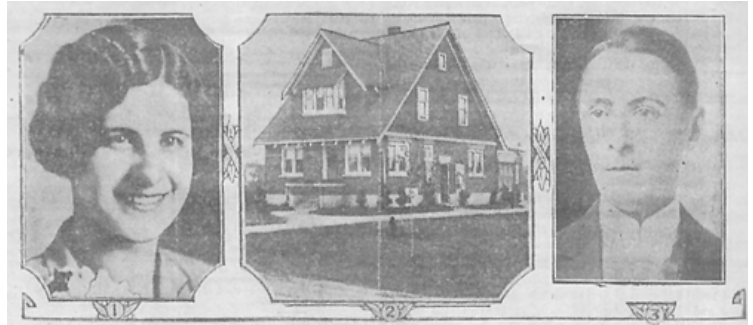
Mr. Redfern poisoned her in a room in the Hotel Viger, making a clear getaway from Montreal. She had feared to go with him somehow, but he was so insistent. Rita was engaged to Mr. Harry Capling to be married this summer.

Mr. Redfern pretended to be very wealthy and so kept

the friendship of the family. The motive for the crime seems to hinge on a grudge against young Capling and so avenged himself by killing this highly respectable young 23 year-old girl of Baden.

May 22nd at London Ontario Mr. George Redfern was arrested this morning and jailed. But after being in for two hours he died - apparently administered Strychnine to his own body causing death.

We thank Edward for sharing this piece of Baden history with our readers.



STRYCHNINE DEATH AGENT, SAYS MONTREAL EXPERT—MARRIED MAN SOUGHT BY POLICE

The photographs here show: (1) Rita Gardner, Baden, Ont., girl found dead in a Montreal hotel and who was poisoned by strychnine, according to statement of Dr. Wilfred Derome, Montreal, medicolegal expert, at inquest. (2) Lovely Gardner home at Baden, Ont., where Rita, 22-year-old daughter of Noah Gardner lived and helped to beautify by working with her father and brother (3) George Redfern, married, Kitchener man, with whom Rita Gardner is alleged to have accompanied to Montreal and for whom police are now searching

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Listed below are four unrelated words. Can you find a word that can either precede or follow the words in each group? The answers are upside down... no cheating!

- | | | | |
|------------|--------|--------|--------|
| 1. fifth | paddle | cart | house |
| 2. kick | tear | gum | off |
| 3. rattle | oil | garter | eyes |
| 4. mouth | board | hog | room |
| 5. fitting | free | in | land |
| 6. spring | ground | ice | rose |
| 7. barrel | coat | bow | forest |



ANSWERS

1. Wheel
2. Drop
3. Snake
4. Wash
5. Form
6. Water
7. Rain

LookOut Kids' Korner

Valentine Word Search



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

ARROW	FLOWERS	LACE	ROSES
BE MINE	FRIENDSHIP	LOVE	SWEETIE
CANDY	HEART	PINK	SWEETS
CUPID	HONEY	RED	VALENTINE

Understanding the English Language

Grammar, phonics, spelling... so much to learn about the English language. But it's so confusing with words that sound alike, but mean different things. In the list below you will see 2 and 3 words sounding alike but with different meanings. See if you can draw a line and match the word to the right meaning.

creak	small stream
creek	to squeak
days	more than one day
daze	to bewilder
right	to form letters
write	correct
dear	Bambi
deer	beloved
dew	to perform
do	payable
due	morning condensation
gnu	past tense of know
knew	African antelope
new	not old
holey	with religious significance
holy	completely
wholly	Perforated
seas	to grab
sees	oceans
seize	looks

Get your parents to see if there are correct.

What did the boy squirrel say to the girl squirrel on Valentine's Day?
I'm nuts about you!

What kind of flowers do you never give on Valentine's Day?
Cauliflowers!



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Homonyms confuse me ~~two~~ too!

flower



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TCP wins BroadwayWorld.com Award Best Community Theatre Production

The winners of the 2011 Broadway World Toronto Awards have just been announced and we are thrilled that The Community Players of New Hamburg have won in the category of Best Community Theatre Production for our production of Elton John & Tim Rice's AIDA.

Being recognized by your peers and supporters in this manner represents the highest honour that an arts organization can receive. We would also like to congratulate Singer's Theatre for having earned the 2011 Broadway World Toronto Award for Best Youth Theatre Production for Jane Eyre.

For 28 years, TCP has set out to create unparalleled community theatre productions in Wilmot Township. "Community Theatre At Its Very Best" represents our fundamental belief and forms the foundation for everything that we do.

To our audience, our supporters and every member of the TCP family, particularly those associated with our production of AIDA, we congratulate you and we thank you.

Tickets for TCP's The Music Man On Sale March 24th

Join TCP May 10 – 13, 2012 for Meredith Willson's The Music Man onstage in the Trinity Theatre at the New Hamburg Arena. Tickets go on sale starting March 24th. Check back at thecommunityplayers.com for tickets details, or sign up for email updates to stay up to date on everything TCP!



COTTAGE COUNTRY COMEDY FESTIVAL COMES TO NEW HAMBURG



The Cottage Country Comedy Festival will be making a stop in New Hamburg Saturday March 10th at Eddy's Tavern with a critically acclaimed line up of hilarious comedians.

Headlining the bill in March will be Tyler Morrison of Bracebridge, the founder of Cottage Country Comedy Festival, who has been travelling across Ontario with his brand of working class comedy as part of his Comedy Animal Tour. Morrison has been featured on CBC's hit show The Debaters, Bite TV, and was the recent winner of The Dark Comedy Festival where he beat out over 40 comedians from Toronto, Montreal, and New York City. The show will also feature local comedian Tom O'Donnell, a past winner of Kingston Comedy Idol, and a semi-finalist of Yuk Yuks Great Canadian Laugh Off in 2011.

Other acts on the night include Reid Price (Rogers TV), and Paul McCallum (Club 54).

Tickets for the 8:30 pm show are \$15 plus tax with a portion of the ticket sales going towards helping a local family's battle with cancer. Tickets can be purchased at Eddy's Tavern. For more details please see www.cottagecomedy.com or call 705-644-9850.

If you would like more information on this event or to schedule an interview with Tyler Morrison, please call Tyler at 705-644-9850 or email Tyler at tyler_morrison1@hotmail.com



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Baden Outlook Hockey Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Lea Bender	562	1	LaShaedyn Faulkner	561
2	Heather Dubrick	547	2	Nicole Lowry	530
3	Earl Nickolas	545	3	Tyler Kleine	527
4	Nadine Evans	544	4	Matthew VanDeWynckel	522
5	Jason Redman	543	T5	Liam Boronka	520
T6	Rachel Jutzi	535	T5	Stirling Todorov	520
T6	Rita Vitello	535	T5	Mitchell Mueller	520
T6	Kathleen Rempel	535	8	Nathan Gerber	518
T6	Burt Bizony	535	9	Wyatt Stone	516
10	Brad Habel	534	10	Joel Heise	514
11	David Connolly	532	11	Meghan Mueller	512
12	Beth Gilbey	531	12	Tanner Snyder	511
13	Melba Honderich	530	T13	Breanna Hopiavuori	509
14	Brad Forler	529	T13	Paige Naumann	509
T15	Katie Cook	525	15	Alex Wagler	508
T15	Kyle Erb	525	16	Logan Kleine	507
T15	Nancy Honderich	525	17	Brayden Gingerich	504
T18	Michelle Roth	523	18	Carter Girodat	503
T18	Darla Hopiavuori	523	T19	Aiden Heinbuch	500
T18	Larry Gascho	523	T19	Kyle Gawlik	500
T18	Derek Cabana	523	T21	Aislynn Gibbons	498
T22	Su Simpson	522	T21	Brayden VanDeWynckel	498
T22	Sharon Williams	522	T23	Carter Schwartzentru...	497
24	Deanna Carney	521	T23	Ty Brenner	497
25	Myles Adkins	520	T25	Brayden Adkins	495
T26	Lori Crouse	519	T25	Tanner Schwartzentru...	495
T26	Karen Sisko	519	T27	Madelyn Hammer	494
T28	Marg Litwiller	518	T27	Trent Agnello	494
T28	Tony Sokie	518	T29	Tim Wenn	493
T28	Tatum Bizony	518	T29	Jacquiline Bender	493

Congratulations to Earl Nickolas for taking the leader prize in this month's Adults Hockey Pool - winning a gift certificate from **EJ's of Baden**. And to **Tyler Kleine** for taking the Kids leader prize winning a bowling package from **Riverside Lanes**.



(Congrats to you too - Lea, Heather, LaShaedyn and Nicole, but you're only able to win the leader prize once!)

The lucky random draw winners are **Theresa McCullough** winning a gift certificate from **Egli's Meat Market**, and **Sherilyn Van De Wynckel** and **Nathan Boronka** winning **Baden Outlook shirts**.

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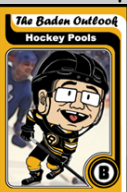
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WOW! Sports fans...Thanks for playing hockey with us! There are 491 entrants in this year's Outlook Hockey Pool.



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. Click on sports pool—choose "hockey" The pool I.D. is [outlookhockey](#) or [outlookkids](#) and the password is quest. To view both pools, you must log out of one to get into the other. The top 100 entries will be listed—to view all teams click on "more teams" on bottom of page. Have Fun and Good Luck!

Hockey and Reading - a Winning Combination!

On January 5, 2012, the New Hamburg Firebirds partnered with the Let's Read Family Literacy Initiative in hosting a free Family Skate event at the Wilmot Recreation Centre. This community-building event drew more than 150 excited fans.



Several members of the Firebirds, along with their General Manager, Joe Scherer, read *The Farm Team*, to a very captive audience. Joe underscored the importance of encouraging our children to read. Let's Read was particularly excited about the Firebirds' involvement in this event, as the players modeled that reading is for everyone, and it's fun!

Thanks to the generous support of the Firebirds Board, as well as Let's Read, several exciting draw prizes were awarded. These included: Firebirds tickets, a signed hockey stick, a signed photograph of the team, and a copy of *The Farm Team* autographed by the author and illustrator. To finish the event off, the Firebirds joined the packed-out crowd for a free skate from 2 to 3 p.m.





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The Farm Team, written by Canadian author Linda Bailey, and illustrated by Bill Slavin, tells of a flailing hockey team of farm animals putting forth their best effort to win the coveted Stolski cup. Working as a team, encouraging others

through a challenge and always trying your best are the messages presented in this book. To obtain a copy to enjoy as a family, please visit your local branch of the Region of Waterloo Library, or log on to <http://www.rwl.library.on.ca> to place a hold through our online catalogue.

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CLEARING THE NOISE ABOUT THE WORLD ECONOMY

There is no doubt in my mind that you have been hearing and reading about the world economy with the U.S. problems and Europe's issues. You may have read the latest books and articles on the topic. There are numerous theories and predictions. Who is right and who is wrong? Or should we listen to the Mayans who believe that the world will end in December 2012? Did anyone think that the Mayans just decided to stop printing their calendar? We all need a break at some point.

How do we process this noise? Or rather, how should we process this?

Let's divide everyone into 4 categories. The first are aged 20-35, the second 35-55, the third 55-65 and last 65 plus.

20-35 – you are just starting to work. You are concerned about school debt, getting the first good job, and possibly marriage. You need to develop a budget. Watch your cash flow and allow for a savings component. Determine your short-term and long-term goals and invest appropriately. For longer term goals, the current environment is an excellent opportunity for you. Monitor your investments but not monthly. Review your plan with your financial advisor. Keep site of your goals.

35-55 – you are in earnings mode. You are making the largest investment in your life – house purchase. Again watch your budgets. Just because the bank will lend you the money, does not mean you should borrow it all. Don't overextend yourself. Don't forget the kids. Start a savings plan for their education and future. It is a great time to be invested. The volatility in the market is opportunity for investors with long-term goals.

55-65 group – you are in countdown mode to retirement. Everyone's retirement plans are different and you need to review your wants/needs with your advisor. The current market does feel scary at this stage. Review your risk tolerance and your goals. You may not need to take higher risks at this stage of your life. Reduce risk in your portfolio and begin the planning for retirement. Think about retirement costs .

65 plus – you are in retirement or just started. The economic conditions are very scary when you see drops in your portfolio. Speak with your advisor. Look for other options that not only reduce risk but continue the income you require. It is about making the money last. Look at estate planning to ease the transfer of assets to your spouse or children and reduce costs to the estate.

In summary, process the economic news based on your own goals and plan. We all thought the world would end in 2008 with the financial crisis, but we survived. We thought General Motors was finished but they are still in business. The economy does progress but during these times, it is difficult to believe it will. Your age and goals will determine how you should process the current economic conditions.

Joe Figliomeni, CGA, CFP®
Financial Advisor, Dundee Private Investors Inc.

This article was prepared by Joseph Figliomeni who is a Financial Advisor with Dundee Private Investors Inc., a DundeeWealth Inc. Company. This is not an official publication of Dundee Private Investors Inc. The views (including any recommendations) expressed in this article are those of the author alone, and they have not been approved by, and are not necessarily those of, Dundee Private Investors Inc.



Interfaith Community Counselling Centre (ICCC) will celebrate 30 years of serving the community at its upcoming Annual General Meeting on February 23, 2012. The event will be held at Steinmann Mennonite Church from 6:30 to 9 pm. Tickets are \$40 each and include a buffet dinner from Bellzy's Catering and a \$20 tax receipt. The night provides a chance to gather as a community and hear from guest speakers about the history, successes and ongoing plans for Interfaith and will feature musical entertainment from the *Toman Family* of New Dundee. Raffle tickets for our upcoming Annual Silent Auction on Saturday April 28, 2012 will be available for purchase at this event. 1st Prize is for a Vacation Getaway, 2nd Prize a Blackberry Playbook and 3rd Prize a \$100 Gift Certificate for Puddicombe House. Tickets are 3 for \$10.00.

ICCC has experienced many positive outcomes in 2011. Due to the generous support from the community, we have provided services to 30% more clients than last year, which included 290 new clients. As well, programs offered in local elementary schools increased, fostering our efforts to create and support a community of equipped and empowered people. Supporting students in elementary and secondary schools helps to remove some of the stigma around counselling and equips students with tools to help them on their journey.

ICCC is excited to see the positive response to many of the new and expanded community initiatives as

well. Some of these initiatives include grief support groups, offered free of charge to participants thanks to the generous proceeds from the 2011 8KM Classic and in conjunction with Jutzi Funeral Home. Our adult bereavement support group is underway and the children and teen groups are set to start mid-February.

Other winter programs include:

- Transitions - a support group for children (6-13 years) in changing home situations. Intake will be Thursday February 16, with the group session starting the following Thursday from 6:00-7:00 pm.
- Moving Forward - a support group to provide coping strategies for women experiencing anxiety. Intake will be February 22, with the group session starting the following Wednesday from 7:00-8:30 pm.
- Growing Through Marriage - a weekend workshop for engaged or newly married couples. Friday March 30th and Saturday March 31st.

Please contact ICCC at 519-662-3092 or interfaith@golden.net for further information and/or registration.

These programs, successes, and support would not be possible without the generosity of this community, and ICCC is grateful for previous and ongoing donations to time, resources, and funds.

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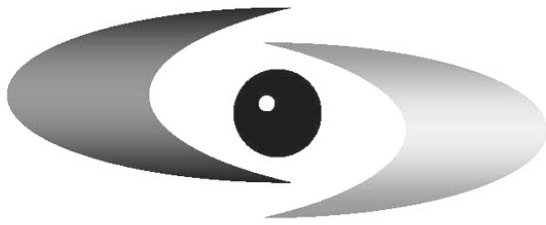


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Community Care Concepts (CCC)

For the past 26 years, Community Care Concepts has served Wilmot, Wellesley and Woolwich Townships through the provision of services and support to seniors and adults with disabilities living at home. Last year, the New Hamburg Lions contributed \$3000 for the purchase of containers for the agency's Meals on Wheels program.

However, Community Care Concepts is more than the provision of meals to seniors. On January 12th, Cathy Harrington, its Executive Director, gave an outline to the New Hamburg Lions Club of their activities from homemaking services, transportation for

medical appointments, home maintenance and community dining. With a staff of 15 and 159 volunteers, the agency services 1100 clients of whom 30% reside in Wilmot. Thanks to the Meals on Wheels program, 3584 meals were distributed to seniors at home and an additional 975 to seniors at Nithview Community. Cathy also took the time to note how "personal" Lionism has helped the agency when she informed the Club that Lion Hans Lass has worked tirelessly for Community Care Concepts, logging 6700 kilometres in meal delivery and driving seniors to appointments.

On February 1st, the New Hamburg Lions responded with a contribution of \$3000 for a second year to the Meals on Wheels Program which will be used to cover food container costs.



Seen from left to right --Lion Hans Lass, Cathy Harrington - Community Care Concepts (liaison person), Lions President Bob Starr, Lion Gregg Murtagh.

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Baden Community Group Meeting - The energy has been corralled...



Guests were greeted by Katie Fisher and Laura Paghal who had them fill their door prize entry forms and explained the importance of filling out the survey forms.



Susan Allison Jones spoke of her vision of a gathering place at the old Baden Emporium/Market building on Snyder's Road. It is sure to be a great success ~ watch what comes to life at this currently quiet spot.



Dennis Mighton and Don Poth were guest speakers with a great message of success from our neighbouring small town of New Dundee.

Stay in touch with your thoughts and ideas at email badengroup.ca

Photos by Teresa Brown



Michael Harris, Grant Whittington and Mayor Les Armstrong enjoyed visiting with the locals.



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... Good things are bound to happen!



And where there's people, there is food!

Sincere thanks go to EJ's and Amy Stickney for treating us to home baked treats; to Tim Hortons for topping that off with a warm cup of coffee; to Zehrs Laurentien and Beechwood stores for veggie and fruit trays and to N.H. Sobey's for a cheese tray and to Baden Outlook for crackers, pop, water, napkins, and plates.

There were lots of great ideas and opinions shared, which is a great place to start!



And who doesn't enjoy taking home a door prize!?

Lia Fewkes was the happy receiver of a gift basket donated by Baden's Naturopath Dr. Marisol Teijeiro.

Thanks for the door prizes that were donated by Livewell Health & Wellness, Zehrs Beechwood and Laurentien, N.H. Sobey's, Wilmot Seniors Woodworking, Dr. Marisol Teijeiro, and EJ's. We appreciate your generosity.



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FEBRUARY SPECIALS NEW ARRIVALS for this Month

Plus Size Ladies Dresses, Tops & Pants
 Starting from \$20 - \$80

Mens' Golf Shirts \$15
 (stay-dry & cotton material) Reg: \$30 & up

Men's Soft Shell Spring Jackets
 Windproof & Waterproof \$40
 (REG: from \$80-\$120) excellent deal

The sale continues for the Men's (Ash City) &
 Ladies (Woolrich) Jean shirts for \$10

COUPON ~ Spend \$50 or more ~
 We will take \$10 off your total bill
 Good until the end of FEBRUARY

Local Churches Invite You to Join Them



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*Come Worship
with us 9:30 a.m.*



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

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www.wilmotmennonite.ca



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LOGOS - Gr. 1-12, Wed. 5:25 p.m.

Youth Group - Friday 7:30 pm

Young Adult and Adult groups

Worship: Sunday, 9:45 a.m.

Sunday School: Preschool - Adult, 11:00 a.m.



519.634.8311

www.smchurch.ca

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.

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In Touch with New Hamburg Thrift Centre

A Unique Idea That Paid Off!

Volunteers are amazing at coming up with creative fundraising ideas for important work around the world. Great things happen when people are able to take things they are passionate about and create a special event around them.

Over 30 years ago some creative people who were passionate about farming came up with a unique idea. The auctioning of animals is common practice in farming with some animals fetching hundreds, some thousands of dollars. This idea spawned the holding of an auction where all the animals are donated by area farmers and all sales from this auction event are donated to charity.

Today the annual Heifer Sale brings together farmers and agribusinesses to auction cattle and farm services with all proceeds going directly to support MCC programs. Local businesses such as New Hamburg Veterinary Clinic, B-W Feed & Seed, Mennonite Savings & Credit Union, Leis Feed & Supply, and many more donate to this special event. These donations are designated to cover the cost of sale facilities, feed, straw, trucking, veterinary, and auction expenses.

Since 1982, the Heifer Sale has raised over \$4 million through the auctioning of 3,314 heifers and other donated items. This year the sale is being held on February 17 in Listowel. For more information, visit heifersale.org or mcc.org.

We thank all local businesses and residents for their ongoing support!

New Hamburg Thrift Centre

41 Heritage Drive

New Hamburg

tel: 519-662-2867

www.newhamburgthrift.com



Please note we are closed
Monday, Feb 20 for Family Day.

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



All proceeds benefit
the work of
Mennonite Central
Committee

REGULAR HOURS

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

Dear God:

Please untie the knots that are in my mind,
my heart and my life.

Remove the have nots, the can nots and
the do nots that I have in my mind.

Erase the will nots, may nots, might nots
that may find a home in my heart.

Release me from the could nots, would nots
and should nots that obstruct my life.

And most of all, Dear God,
I ask that you remove from my mind,
my heart and my life all of the 'am nots'
That I have allowed to hold me back,
Especially the thought
that I am not good enough.

Amen

Author Known to God



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The Glasses ~ by A Baden Resident



After a nice outing together, we were driving down the 7&8 toward home, my thoughts fluttered to our new stage of life.

I wondered if this would be a good time to ask one of those questions that feels risky; one that's easier to postpone or never talk about. It seemed to be the right time, now or never.

In my mind, I leaped ahead of my question wondering what he would say if I asked what he would like to change or see different about living with me.

Perhaps he would talk about my great pile of shoes by the door. I knew he used to be bothered by the clutter of little shoes to trip over. As the years went by, those shoes grew both in size and quantity. But now that they were suddenly gone, my own seemed to take over, as if in sympathy to the loss.

Guiltily, other faults of mine piled into my head. Who knows what he's quietly put up with; the list might be long and frightening. I began to feel defensive. But if we were going to live in harmony, it would be best to get it all out in the open so that we could problem solve and not hold things back.

If I opened myself to such vulnerability, then I'd hope for a turn to speak. What would I like to mention about him?

Well, to begin with, even though he thought he cleaned up the sink, there were always lots of whiskers that were left. I would heave a great "why me" sigh and wash them out.

I pulled together my courage and asked my question, unprepared for his response.

"Oh, I love living with you! After all these years I'm used to you as you are. I wouldn't change a thing!"

In a instant, I dropped my previous thoughts and hopped on his track. The conversation deepened and by the time we turned in our driveway, I felt like I had just experienced a spontaneous "re-commitment of vows" ceremony, with tears streaming down my cheeks. Happy tears, not the kind that I was heading toward just moments before. The stage was set for our next stage of life.

Over the next weeks, without saying a thing, I decided to organize my shoes choosing which ones get the privileged spot by the door. Every time I whisk the whiskers in the sink I fondly remember the drive home that day. Actually I noticed that I don't do that great a job of cleaning the tub, and also the newly acquired reading glasses that he struggles with never come to the bathroom.

"Maybe he just doesn't see" I thought to myself. I decided to take my glasses off too.



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Wed., Feb. 15th 8-9

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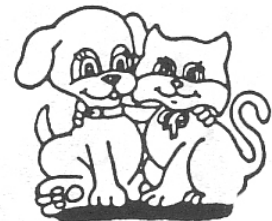
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Baden Minor Softball Association 2012 Registration

Parents: B.M.S.A. needs your assistance! Can you help?
 Umpiring Coaching Parent Rep. Fundraising

Name: _____ Date of Birth: ____/____/____ M F
Day / Month / Year

Full Address: _____

Parent(s): _____ Home#: _____ Cell #: _____

EMAIL ADDRESS: _____

TEAM	AGE	BIRTH YEAR	FEE		
T-Ball	5 + 6	2006-2007	\$45	<input type="checkbox"/>	
Coach Pitch*	6 + 7	2005-2006	\$80	<input type="checkbox"/>	
Tyke	8	2004	\$100	<input type="checkbox"/>	
Atom	9 + 10	2002-2003	\$140	<input type="checkbox"/>	Family Discount \$25
Squirt	11 + 12	2000-2001	\$140	<input type="checkbox"/>	for 2 or more in a family
Pee Wee	13 + 14	1998-1999	\$140	<input type="checkbox"/>	
Bantam	15 + 16	1996-1997	\$160	<input type="checkbox"/>	<input type="checkbox"/>
Midget	17, 18 + 19	1993/94/95	\$160	<input type="checkbox"/>	

If you have financial concerns regarding registration fees, please phone to discuss alternative payment options.

REGISTRATION	Saturday, Feb. 18th - Wilmot Recreation Centre	10 am – 1 pm
DATES	Wednesday, Feb. 29 th - Wilmot Recreation Centre	6 pm – 8 pm
	Tuesday, Mar. 6 th – NEW HAMBURG ARENA	7 pm – 8:30 pm

Unable to attend registration? Please call Amanda @ 634-9581 or mail this form + cheque to:
 BMSA c/o Amanda Jantzi 125 Stiefelemeyer Cres. Baden ON N3A 4K6

REGISTRATION DEADLINE: MARCH 22nd, 2012

I hereby permit my son /daughter to participate in softball under the supervision of the Baden Minor Softball Association. I also release and discharge the Baden Minor Softball Association and its members from any suits and/or debts which may occur as a result of said person engaging in playing softball for said association. I will be responsible for the care and return of his/her uniform and/or equipment.

I agree to provide my son/daughter with a personal baseball helmet (PeeWee & under require a caged helmet), understanding that any player without a personal helmet will not be permitted to participate in the game.

I have read the B.M.S.A. Code of Conduct and will abide by its principles.

Parent's Signature: X _____ Dated: _____

Support your child - attend practices and games! It's a ball!

Payment received: Cheque Cash Amount \$ _____ Receipt Exec. _____

NOTE: Cheques will not be cashed until after April 1*

What The Groundhog Saw

On February 2 at 8:00 a.m. Wiarton Willie, rudely awakened from his long winter's nap, saw a crowd of people with cameras, a Mayor dressed as if going to a council meeting 100 years ago, and a myriad of digital cameras wielded by the general public and the local, national, and foreign press. (S)he did not see a shadow because it was cloudy! Be it hereby known that spring will arrive in six weeks.



A quick look out the window at the bare grass and dry roads could have told a similar story, as could the much maligned local weather forecaster.

Environment Canada has told us that an Arctic oscillation has held steady this year and has allowed very few intrusions of cold air in to southern Ontario. This trend will likely continue.

But we like to hear our forecasts from the wild. Woolly Bear caterpillars have much narrower mid-stripes this year (unless you look at the ones with wide stripes): those caterpillars can't seem to agree.

Bird species have been showing up where they normally are not expected. A Mountain Bluebird (a "drab" form female) has taken up residence just east of Puslinch. We have more Red Bellied Woodpeckers

showing up on bird counts and at our feeders (we had our first visit ever in mid-January). While hiking at the Gibson Lake hydro reservoir on February 1, Wayne Buck and I spotted Canvas-back Ducks as well as Red Head ducks – two species that should be far south at this time of year.

Many avid birders are reporting the presence of a few spring migrants such as the Brown Thrasher I saw in the St. Catharines region on Feb. 1! A flock of about 400 Tundra Swans settled in near Kettle Point in Lambton County on the same day.

The birds seem to be predicting an earlier spring than usual. They also have been reporting a much milder winter by their lack of presence at many feeders. Only on days which precede severe weather or on stormy days have the feeders been really active. The rest of the time visits seem to be more casual. Chickadees are often seen buzzing around the branches looking for insects, then they take a brief break to eat a sunflower seed or two. Rarely do I see them storing the seeds in secret hideaways. Male Cardinals have been snacking on seeds between bouts of issuing mating calls from the tops of trees. A crow has staked claim to his territory in our spruce trees.

This year I side with Willie in calling for an early spring: the birds told me to. They must communicate among themselves by Twitter.



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Interesting People : Meet Lion ~ Jim Bishop

Every service club has their specific cause to which they direct their donations and time. The Optimist Club, as an example, channels most of their efforts towards youth and childhood cancer. The Lions Club, the largest international club in the world, has provided funding for years to the Canadian National Institute for the Blind – as witnessed by their funding of the CNIB summer camp on the shores of Lake Joseph and their support of the guide dog program. So, when retired school teacher and longtime New Hamburg Lion member Jim Bishop, was offered a chance to go on a volunteer trip to give Guatemalans the gift of sight – he jumped at it.

The Volunteer Optometric Services to Humanity group (VOSH) has organized a trip to Guatemala for the past 17 years. This year optometrists from Sebringville, Mitchell, Kitchener, Waterloo, London, and Paris made the trip from January 12 to January 22nd. A Lion member from Kitchener, Charlie Davis, has headed up the Lions' part of the project and gone every year to help with the program. Several years ago Jim asked Charlie if there was any chance of going along and this year the opportunity presented itself.

The Lions normally collect all the glasses and sunglasses, many of which are donated by optometrists such as Dolmans and the local libraries. The glasses are then sent to Calgary where they are tested for strengths and shipped back to Ontario where they were catalogued and packaged up for the trip.

Jim was required to pay his own way (\$1,000) and donate another \$1,000 to the program – which helps fund people who need cataract surgery. The New Hamburg Lions supported him with a \$1,000 contribution. He was the first Lion member to join Charlie for this volunteer mission. The flight was three hours to Miami, a short layover and another three-hour flight to Guatemala City, which has a population of four million. From there they took a bus to Jutiapa which was their central station. From Jutiapa they

made three trips each to Progresso and Catocha returning each night to Jutiapa. Each one-hour trip in a Tuc Tuc (a small three wheel vehicle) had a police escort where the officers carried quite large weapons.

The optometrists set up seven stations at town halls. The first station had an eye chart with the information logged on a sheet. Jim managed the second station which was a refractor to measure visual acuity. After he administered his test, Jim would log the information and the patients would continue on through the stations until they were fitted for a pair of glasses at the final station. There were a number of local volunteers that helped with the process as well.

Usually the group would try to see about 85 to 90 patients a day but with the huge demand they ended up working ten hours each day seeing 125 patients. In six days they gave out 500 pairs of sunglasses and 833 pairs of regular glasses.

This area is extremely poor and some of the responses from people were overwhelming. Jim was hugged, given blessings, and had his hand shaken many times by the grateful people who would otherwise never have a chance to get a pair of glasses. One 75 year-old lady walked for two hours to get her pair of glasses.

During an off day Jim visited two local facilities. The first one was an orphanage where he brought gifts of toys, shirts, and pants. The second was a senior centre where he brought T-shirts and sweaters. In both cases he was showered with appreciation as the poor conditions made these simple gifts into very meaningful gestures.

When asked if Jim would do this trip again next year he replied "Yes I would, I enjoyed helping people." It is wonderful that a person such as Jim cannot only donate money towards a project, but also donate his time which is a special gift on its own..

Bravo Jim – and well done Lions!



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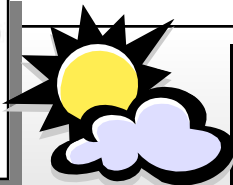
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"Saturday Night at the Movies"

Wilmot Mennonite Church,
2995 Bleams Road, New Hamburg, ON
February 18 - 7:00 p. m.

"This month, Steve & Lynelle Drudge will present a travelogue of their journey through the cities and countryside of modern Turkey and Greece. Visit sites of the seven churches of Revelation as windows into understanding the messages given through John. Glimpse the world of Paul as we explore sites where the apostle planted fledgling congregations of Christ followers within the dominant Roman Empire."

Bring a snack for yourself. Beverages provided.

Nursery available but not staffed.

Donations to cover costs appreciated.

Everyone Welcome!

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New Hamburg & Area Co-op Preschool

Alumni Registration

February 27- March 2 phone for details

Community registration March 6 at

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Mar 1 6:30-8:30 pm & Mar 2 9:30-11:00 am

Call for details

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Youth 7-8 pm / Adults 8-9 pm**

*For more information call
Jim 519-748-7484 / Chuck 519-662-4568*

VENDORS NEEDED --

St. James Lutheran Church in Baden is hosting Spring Mom2mom sale on Saturday March 31st.

Tables are just \$15. ~ Vendors are needed.

Great place to sell all your gently used baby items all in one place.

Email badenmom2mom@yahoo.ca for more info or to reserve a spot.

Space is Limited.

Wilmot Horticultural Society -

Monday, March 12 - 7:30 p.m.

Wilmot Recreation Complex - 1291 Nafziger Rd., Baden



Topic: 'Winter Gardening - Another Season's Promise'

Speaker: John Drummond -

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Wilmot Family Resource Centre

TFZ Youth Drop-In

Thursday evenings from 4:30 to 8:30
At the old New Hamburg Arena (251 Jacob St)

The drop-in offers a relaxed, supervised atmosphere where youth can enjoy basketball, ball hockey, skate boarding, rollerblading, video games, movies and much more...

Youth from grade 6 to 12 are invited to drop-in. Come with friends or meet new friends there. The cost is just \$2 per visit.

There are forms to be filled out by parents, you can pick them up at the drop in or email a request to have them sent to you. cr4wfrc@bellnet.ca 519-662-2731 ext. 210

Wilmot Family Resource Centre's

Kids Café



Our after school program is now taking registration for our spring session on Wednesdays from 3:45 to 5:30

Have fun creating and eating healthy snacks!

Kids Café is offered for children from grades 1 to 5

Our 10 week Spring session begins—
Wednesday March 21

Pre-registration is required and the cost for the 10 week session is \$40. for agency members - \$50. for non-members

To register contact Tina @ cr4wfrc@bellnet.ca or call 519-662-2731

For more info. about programs and services offered at WFRFC please visit our website www.wilmotfamilyresourcecentre.ca

WEN-DO WOMEN'S SELF DEFENCE COURSE COMING TO NEW HAMBURG



The Wilmot Family Resource Centre is pleased to announce a two day workshop for women. Wen-Do Women's Self Defence is the oldest women's self defence organization in Canada, and is taught by women for women and girls.

"In a Wen-Do course, women learn simple, powerful physical self-defence techniques designed to be effective even against a larger, stronger attacker," says instructor Claire Huang-Kinsley. The course also explores many useful forms of verbal self-defence. Women will examine how to recognize potentially threatening situations, discuss violence against women and girls in a supportive setting, and share inspiring, real life stories of resistance.

The class is small, safe, non-competitive, and fun! Women of all shapes, sizes, fitness levels, and abilities are able to participate. The instructor is trained to accommodate the needs of women with a diversity of physical abilities. All women and girls age 10 and up are invited to attend.

The workshop will be held on two Saturdays, February 25 and March 3, from 9:00 a.m. – 4:30 p.m. For women living or working in Wellesley and Wilmot Township, the cost is only \$40.00 and includes lunch. Subsidy may be available. For women living outside Wellesley or Wilmot Township, the cost is \$120. Advanced registration is required.

TO REGISTER, OR FOR MORE INFORMATION, CONTACT:
Teresa Wiebe, Family Violence Prevention Program
Coordinator, Wilmot Family Resource Centre, 519-662-2731



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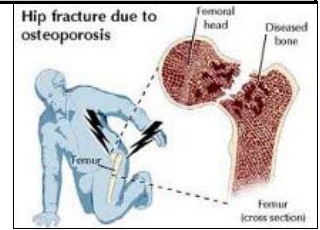
THE FACTS ABOUT OSTEOPOROSIS

By Dr. John A. Papa, DC

Osteoporosis is a disease of bones that decreases bone mass and strength, making them more fragile and susceptible to fracture. Osteoporotic fractures of the spine and hip are linked to an increased risk of death within the first year after fracture. Other effects of osteoporotic fractures can include chronic pain, depression, loss of freedom and long-term disability. Below are some additional facts about osteoporosis.

- 1 The risk of major osteoporotic fracture in Canada is among the highest in the world. The cost to the Canadian health care system of treating osteoporotic fractures is currently estimated to be \$1.9 billion annually.
- 2 Osteoporotic fractures are more common than heart attack, stroke and cancer combined. Each year over 125,000 Canadian women suffer osteoporotic fractures affecting the spine, hip, wrist, shoulder, pelvis, and other regions in the body. The diagnosis of a single fracture increases the risk of subsequent fractures.
- 3 Some of the risk factors for osteoporosis include: advancing age, female gender, family history, caucasian race, early menopause, use of certain medications, tobacco and excessive alcohol use, insufficient physical activity, and dietary calcium and/or vitamin D deficiency. Although considered a female health issue, osteoporosis is also becoming a major health concern among males.
- 4 Bone mineral density testing (BMD) can help identify those at risk for osteoporotic fracture and in need of health care management.
- 5 Increasing dietary calcium and vitamin D can help reduce bone loss. Other key nutrients, which have been identified as being crucial for healthy and strong bones, include the correct balances of vitamins C, E, and K, and micronutrients magnesium, boron, potassium, and folic acid.
- 6 Precautions can be taken by osteoporotic individuals to minimize the risk of slip and fall injuries inside and outside the home. Regular exercise can also improve an individual's strength, balance, and coordination and help with preventing falls and the risk of fracture.
- 7 Resistance (weight-bearing) exercise is best for directly reducing the rate of bone loss. Non-weight-bearing exercises such as swimming, cycling, and walking must be combined with resistance exercise to be of benefit in

slowing bone loss. Examples of resistance exercise include the use of one's own body weight for performing movement (i.e. squats, push-ups), weight machines in a fitness facility, dumbbells, and resistance tubing. Resistance loads need to be greater than those experienced during normal daily activities. The effects of resistance exercise are site specific, meaning that only bones that are loaded through resistance will benefit from the activity. To maintain the positive effects of exercise on bone, the program must continue throughout life.



Although certain risk factors cannot be controlled in combating bone loss, there are natural lifestyle choices an individual can make in preventing the onset of osteoporosis and the risk of fracture. For more information on lifestyle, dietary and exercise management strategies concerning osteoporosis visit www.nhwc.ca.

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



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February is Heart Month



Each February the health community focuses on how to keep your Heart Healthy with recommendations for eating less saturated and trans-fats. I would like to focus this month's article on three strategies to improve blood flow to your heart and reduce overall inflammation in your body in order to not only reduce your risk of Cardiovascular Disease, but stave off other health concerns as well.

1. Follow a primarily Alkaline diet. This means consuming more fresh fruits and vegetables each day. I recommend a minimum of five to ten servings of these alkaline forming foods every day. Broccoli, cabbage, garlic and spinach are great vegetable choices. Apples, berries, oranges and lemons are the best alkaline forming fruits because they will also provide you with a healthy dose of fiber and/or anti-oxidants.
2. Eat foods higher in Fiber. Fiber is the part of the plant that cannot be broken down in your digestive tract, instead the fiber enhances elimination and detoxification. Both types of fiber, soluble and insoluble, lower blood fats, balance blood sugar, improve immunity and will minimize your risk for colon cancer. Fiber rich foods include oat bran, apples, chick peas, kidney beans and ground flaxseed. Including at least one of these selections daily will support your overall health goals.
3. Include more healthy fats in your diet. Extra virgin, cold pressed olive oil, flax oil, fish oil, almonds, walnuts and occasionally, avocados - these are great sources of healthy fats that help to reduce inflammation in your body by influencing certain hormones responsible for those inflammatory processes. Fat is not the enemy with Cardiovascular Disease and Heart Health – Saturated and Trans Fats are. We need these healthy fats to help form each and every cell in our body from the skin to the organs within.

Some other strategies to support a healthy heart include regular exercise, avoidance of smoking, reducing stress, and to ensure you are not suffering from any nutrient deficiencies. Employing preventative strategies now will lead to a highly functional body for the maximum amount of time possible.

Eat Healthy and 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.

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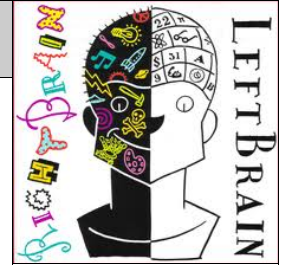
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LOOK FOR SYNCHRONICITY—IT IS ALL AROUND YOU!



Have you ever had someone call you -- someone about whom you have been thinking all day? Have you also had your eye fall on a book while aimlessly browsing in the bookstore — that turns out to have EXACTLY what you've been wanting to know?

Drop the word 'coincidence'! That term implies randomness, and these events are not random, but rather very real responses to directions from your own Higher/ Inner Self! This is part of a deliberate move on its part (even though it may be unconscious for you at this stage) to remind you to work in a 'whole-brain' way in your life.

Our culture has taught us to use our left-brain **diligently!!!** We reason, and apply logic; dissect and analyse brilliantly! These are left-brain skills. We need them. *But we have forgotten one-half of our wonderful brain!!!* The right-brain is in charge of imagination, understanding context in what we read and experience; of the world of dreams; of allowing us to 'think outside the box'; and most importantly — to run with intuitive information that connects us with the 'bigger-picture' (the world of the Higher Self) for purpose and meaning in our lives. All of this information is intended to be **integrated** with the left-brained activity. For some reason, we have as a society decided that one part of this functioning is more

important than the other. Would we decide that one eye, one lung or one kidney has a more important role?! As a matter of fact, if you work your left-brain (mind) too hard — you begin to daydream! This is the right-brain function making some attempt to have 'equal time'!

In order to function in a **whole-brain** way, we need to allow ourselves to explore more fully the right-side 'function of being'. This means stepping away from analysis. Allowing life to bring you situations and opportunities that you might not 'think' of — letting go of expectation and needing to be in charge, and opening to other ways to see yourself and those around you. Once you recognize and welcome more right-brain activity, you can begin to trust it. When *that* happens, all intuitive signals become clearer, and it's easier to engage with this new way of being. Welcome to the world of synchronicity!

~ Ellen Hadley RN. Alternative Health Care Practitioner,
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“Get It Together”

...with Donna & Rhonda



“Filing for Children 101”

About the time your children are learning to read, it is an appropriate time to start teaching them about filing on a basic level. Our foundational organizing concept is “everything needs a home”. This concept is important for every piece of paper that comes into our home. We can start to teach this concept at a young age. A plastic file box and some brightly coloured hanging files and tabs are a great way to start.

A “beginning” filing system might include:

- poetry and stories
- artwork
- assorted paper
- greeting cards received
- photos and fun stuff
- blank greeting cards
- birthdays and other events
- stickers

Take the time to explain how to evaluate paper. Do I need to keep this? Could I get this information somewhere else? Does this represent my “best” work? Also, explain that the file box is the boundary and when the files become too full . . . it is time to purge again! Don't forget to recycle!

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Health & Wellness Page

Heather McKague-Bandl, ROHP, RNCP
Registered Nutritionist Consultant Practitioner



Is Your SAD Diet Making You SAD

Seasonal Affective Disorder (SAD) affects as many as 6 in every 100 Canadians during the winter months. Characteristics of a person suffering from SAD include lethargy, excessive sleep, craving sweets, weight gain, loss of libido, irritability and social withdrawal. In the winter when many of us are going to work in the dark and coming home in the dark with the main source of light coming from overhead fluorescent tubes in our work environments, we naturally become depleted of essential vitamins and minerals. There are many things we cannot change, but there are a few that we can.

The Standard American Diet (SAD) is characterized by high intakes of red meat, sugary desserts, high-fat foods, and refined grains. It also typically contains high-fat dairy products, high-sugar drinks, and higher intakes of processed meat. This diet is being blamed for many health conditions, including mental/emotional health. Food can have a profound effect on how well you feel. You may notice if you eat something that doesn't agree with you. Symptoms may include heartburn, gas, flatulence, headaches, temper flaring quickly, or just feeling unwell.

These symptoms are your body's way of communicating with you and you need to listen. Changing your dietary choices can have a profound effect on your feeling of well being.

Some foods you need to include in the winter months are: foods high in Folate, Vitamin B12, and Tryptophan to help keep the winter blues at bay. Leafy green vegetables, legumes, seeds, and enriched grains are all high in folate. Animal products will give you a healthy dose of vitamin B12 and consuming more spinach, soy protein and egg whites will supply your body with the building block Tryptophan. Tryptophan is necessary for your body to metabolize the feel good hormone, serotonin.

Another important vitamin worth mentioning here is vitamin D. As a result of living in the northern hemisphere, we are deprived of the sunshine vitamin from October to April each year. It becomes necessary to supplement this critical vitamin especially during the winter months as it will not only help with Seasonal Affective Disorder, it will boost your immune system and keep you from getting ill. Foods with the highest vitamin D content include cod liver oil, salmon, mackerel, sardines and soy beverages.

I know you have heard it before, you are what you eat. It is also important to remember, what you eat will affect who you are as well as how you feel. If you want to improve your overall feeling of well-being you need to eat more whole foods, less processed foods, less refined sugars, and less saturated fatty and trans-fatty foods. You have everything to gain. Have a wonderful day, every day!

Eat Healthy and Be Healthy.

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Contact LiveWell to sign up for a complimentary information session with Jessica and for March registration. All couples in March will receive a 15% discount on course fees.

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