

Baden Outlook

Serving the GBA since 2000 ~ "Keeping the Community Connected" with 2850 copies in circulation!



Ashlynn & Hayden Jack like the snow and are proud of their upside-down snowman. We think all three are pretty cute!!

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



Special points of interest:

- Tell us what you like / dislike or want in the Outlook
- See what's up with the Corn Festival
- The Mayor talks with Wilmot
- What's new at the Baden Branch Library?
- Travelling with the Baden Outlook

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This paper is priceless - Please have one!

Talking with Ed

One Ringy Dingy ~ Talking with the Mayor



On Tuesday January 29th Mayor Les Armstrong held Wilmot Township's first ever telephone town hall meeting. The meeting was held to offer the citizens of Wilmot a chance to participate in the strategic planning initiatives of the council and the planning committee. The last time that the township updated their strategic plan was many years ago and thus community input is valuable.

Lura Consulting, who was hired by the planning committee, held four meetings in various centres throughout the township and most of them were poorly attended. For New Hamburg there were just five in attendance, St. Agatha four, Baden 17, and New Dundee 27. There have been 73 comment cards received to date and 57 online surveys completed. The more information that Lura gets will make for a better strategic plan.



Liz Neld of Lura Consulting listens with Mayor Armstrong during the Town Hall Talk.

Lura has determined the following framework to follow along in the process: define a vision and mission, goals and strategies, actions for achieving the vision, departmental business plans, and define implementation and evaluation. Lura is just over halfway through their process as shown in the chart below. They have come up with a draft vision statement that is:

Wilmot is a cohesive, vibrant, and welcoming countryside community.

Lura has determined four goal areas that the township should be focusing on which include community engagement, quality of life, economic prosperity, and natural environment and resources. Each one of these four main categories

can be broken down further. For instance, community engagement might include communication of municipal matters, customer service, volunteerism and community groups, and Wilmot brand and identity.

The call went out to 6,000 registered homes in Wilmot where 4,434 people answered the call—1,212 residents opted to listen in and 28 of those fielded questions to the mayor. Of those listeners 92% of them said they like the form of outreach. Listeners were prompted to respond to six polling questions on their telephone pad. In between the polling questions listeners were allowed to ask the mayor questions and he did a terrific job of fielding the calls. All of the council and some staff were also on hand for the call. To me, it was great to sit in on the calls and be with my colleagues.

Below are the polling questions that were asked with the popular responses:

1. Are you comfortable with the draft vision statement? (in bold above) 75% of the respondents were happy with it.
2. Tell us the top priority of improving quality of life in Wilmot. 27% said enhancing our mobility, 25% said ensuring people's safety, and 19% said providing recreational opportunities for everyone.
3. Tell us your priority for supporting community engagement. 32% said involving volunteers and integrating community groups, and 27% stated communicating municipal matters.
4. Tell us your top priority for ensuring economic prosperity in Wilmot. 42% said developing our industrial lands and 19% wanted a thriving agriculture and Agri-business.
5. Tell us your top priority for caring for the environment. 45% said planning for growth while protecting green-space and farmland, and 33% said using our resources responsibly.

Task	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr
1: Work Planning								
2: Developing Vision, Mission Statement, and Goals								
3: Conducting Needs Assessment and Environmental Scan								
4: Defining Goals, Objectives, and Actions								
5: Defining Performance Measures and Implementation Framework								
6: Preparing the Strategic Plan								



Information provided by Lura Consulting.

Greetings from Outlook Headquarters

Here at Outlook Headquarters, I wear a lot of hats within the month as each issue is published. After the 15th when the printing and delivery is done, I try to catch up on invoices and paper work and then try to stay away from the office to give my body a break from the computer chair. But there is always something that



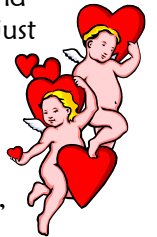
takes me to task. Let me tell you about my most recent mission. *(I will not mention names in courtesy of the people involved.)*

I received a message from a gentleman with some urgency in his voice asking me to call him, and immediately I did. He asked for rates to advertise in the paper and when I questioned him about his ad he stammered a bit and said he didn't know where to begin--I knew then that this was going to be an interesting story! He proceeded to tell me he was a bachelor and met a lady while shopping at a New Hamburg store and they hit it off with simple pleasantries. After some time, they left the store together and continued to chat in the parking lot where they shared their stories, found they were both single seniors and agreed they would like to become friends.

Well, that encounter happened in the fall and this gentleman has been trying desperately to find this lady while only remembering that she lived in Baden and drove a light green car, had a slight accent, and was so lovely he just had to see her again. He spent time driving around Baden looking for her car and visiting Tim Hortons where he saw The Baden Outlook and thought this might be an avenue to perhaps find this lady. He did not remember her name or number and wanted to place an ad in the paper with hopes of her seeing it and responding.

I was tickled with his sincerity and determination. I told him to leave it with me and I would call him back in a week. I said the next issue was to be published mid February and that we had time for me to help him find this lady. He was most surprised and delighted that I would do this but I could tell he didn't want to hang up the phone for fear that I might not return his call.

His call to me happened on a Friday and by Monday I was able to call him back with the news he was waiting for. The Cupid in me drove around town until I had found the described car, then I went to her door and explained myself. I told her of this man's intentions and that I wanted to be sure she felt okay with this and asked if I should share her name and number with him. She remembered him and said that yes, it would be fine, and that it would be nice to see him again. She was a bit puzzled with me and who I was, but she was indeed just as lovely as I was told. Immediately I phoned the gentleman back and told him what had happened. He was so excited, and wondered if I was a private eye or investigator since I was able to find her so quickly! He couldn't believe it and was so grateful for my help. Since then they have met and have found friendship.



In Baden, everyone is your neighbour so the task truly wasn't that difficult. It was great fun for me, and it sure felt good bringing this couple together.

I hope Cupid sprinkles some extra love into your lives and that everyone has a wonderful Valentine's Day!

EXTRA EXTRA!!!



You'll find us around the 15th of each month, while quantities last.

It is available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Livewell Clinic, Wilmot Rec. Centre, Tim Hortons, Baden Library, EJ's, Seasons Grande (formerly Eglis) and several outdoor magazine boxes located conveniently throughout town for Baden readers.



Also at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg) and Foxboro. Over 30 places in New Hamburg to pick it up—including: 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.

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



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



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



Ken and Mary Beth McCabe, with Joanne and Gregg Murtagh, (Stonecroft residents), took their Outlook to Reykjavik, Iceland on October 29.



Jill Kuchma of Baden and Dave Bishop of New Hamburg travelled to Vancouver B.C. to visit Dave's new niece, Roslyn, who was born Dec. 1, 2012.



Ron & Joan Ferguson and Bryan & Mary Pfaff took their Outlook on a wonderful trip cruisin' around the Hawaiian Islands. This picture is from the Island of KAUAI. Waimea Canyon (elevation 3400') is in the background!



Meghan and Dana Bender were surprised by their Mom and Dad, Lesley and Matt with a long weekend in Florida. Here they are with their Baden Outlook at Downtown Disney.



Laura and Lindsay Weiler took their Baden Outlook to Walt Disney World in Orlando, Florida.



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

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More Interesting Quotes to Live By

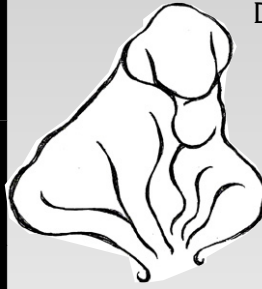
- ◆ An honest answer is like a kiss on the lips.
- ◆ We all find time to do what we really want to do.
- ◆ People with tact have less to retract.
- ◆ Progress depends on actions; just having a vision is no solution.
- ◆ The way to love anything is to realize it could be lost.
- ◆ I am a tremendously patient person – as long as I manage to get my own way in the end.
- ◆ Fortify yourself with a lot of friends! That way you will always have at least one who will understand, inspire, and give you the lift you need at the time.
- ◆ A gadget is worth precisely what it can do for you, not what you choose to pay for it.
- ◆ A single sunbeam is enough to drive away many shadows.
- ◆ Never give people choices you don't want them to make.
- ◆ Many a short question is evaded by a long answer.
- ◆ The owner of a chain of nurseries was so impressed with one employee's expertise in pruning trees that he made the fellow a branch manager.

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New Clients Welcome!

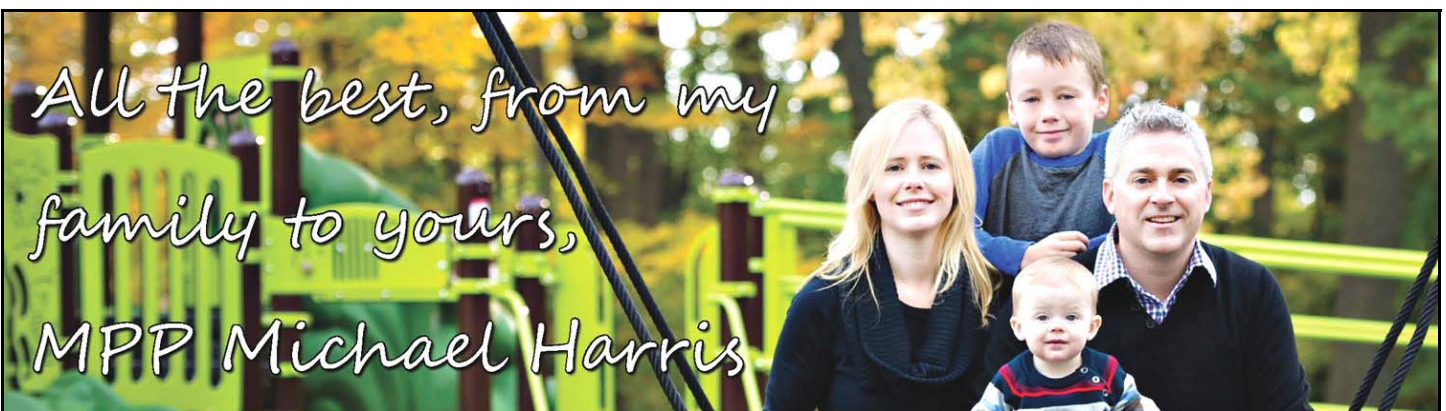


Common Combos - Answers on page 18

Listed below are eight unrelated words.

Can you find a word that can either precede or follow the words in each group?

- | | | | | |
|----|-------|----------|---------|--------|
| 1. | end | card | coffee | lamp |
| 2. | mine | farm | slide | crab |
| 3. | track | relay | harness | foot |
| 4. | neck | snapping | painted | dove |
| 5. | video | point | waiting | plan |
| 6. | post | snow | rail | sitter |
| 7. | hard | pine | cracker | pea |
| 8. | ring | bowl | food | lady |



Baden ~ Our Town



Don't forget to drop in at the Wilmot Recreation Centre on Family Day, February 18th, to enjoy some goodies and refreshments — Come upstairs to the large community room and have your family photo taken in costume by our photographer. —————>

The association is working with Tim Hortons again this year for their annual community clean-up day held on Saturday, April 20th. Last year 99 people turned out to help for the clean-up. Meet people of all ages, join in the camaraderie, and enjoy the refreshments provided by the good folks at Tim Hortons. There will be door prizes donated by local merchants... So please come join us!!

The BCA will be participating in the "Community Chase", a scavenger hunt game devised by BCA member Sarah Scott for the Healthy Communities Group. Participants travel from one station to another within the Wilmot Recreation Centre to fill up their activity card. This event will be held on Saturday, April 27th from 11:30 to 12:30 followed by a free lunch put on by your Wilmot Councillors (they are excellent cooks).

Plans are still developing for the Corn Fest, Baden's newest signature event. Check out the new website located at www.badecornfest.ca and also find the Baden Community Association on Facebook. The next BCA meeting will be held on Wednesday, February 27th at the lower meeting room at the township hall at 7 pm. Everyone is welcome to join in!

Hosting Family Day Event February 18, 1-4 pm Wilmot Recreation Centre

Enjoy the free swim (1 to 3) and skate (!2:30 to 2:15) on Family Day, courtesy of Wilmot Township.

While at the Rec Centre, continue the fun and bring the family to enjoy free food and drinks. Dress the family up in costumes, and a photographer will be available for a free digital photo!!



BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

DID YOU KNOW?

- 👁️ A newborn's eyes aren't as developed as they look – inside, the light-sensitive tissues need many more months to mature before baby can start to see facial features and so finally recognize Mom & Dad
- 👁️ Eye exams from an early age can help prevent poor vision for life by finding and treating problems early – remember, ages 6 months & up



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There is plenty of energy and support as the Baden Corn Festival comes to life. Check out the article on page 13 and stay in touch with its development at www.badecornfest.ca. There is a place for you if you'd like to be in on the planning or simply take part on the big day—but we'd love your help!!



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

*Come celebrate St. Paddy's Day
with us on March 16 & 17
Have a pint of green beer!*

*Stay close to home - join your friends
for great food and a good time!*



THE TINY CABIN



A social worker from a big city in Ontario recently transferred to the far north of the province and was on the first tour of her new territory when she came upon the tiniest cabin she had ever seen in her life. Intrigued, she went up and knocked on the door.

"Anybody home?" she asked.

"Yep," came a kid's voice through the door!

"Is your father there?" asked the social worker.

"Pa? Nope, he left just before Ma came in," said the kid.

"Well, is your mother there then?" persisted the social worker.

"Ma? Nope, she left just before I got here," said the kid.

"But," protested the social worker, "are you never together as a family?"

"Sure, but not here," said the kid through the door. "This is the outhouse!"

Government workers!!! Aren't you overjoyed that they handle all of our country's finances, the education of our children and our medical services?



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Tell Us What You Want!

Thanks so much for the kind words that are eagerly shared to us about the Outlook.

When out and about we are often approached about the Outlook and I have come to ask what it is that they most enjoy. Although most say they love it and read it cover to cover, it does seem that most rave about the funny stories and jokes, and want more! So this month we dug into the reserves and pulled together more silliness to entertain you! So thanks to those who submit these to us.

We do appreciate your feedback so please let us know what you like and don't like. We are asking you: "What do you want to see more of and what does not interest you, or what are we missing?"

You can email us, or if you are bashful you can put notes into our yard mailbox—you don't need to sign them... we just want to know what you think. We sure don't want you to get bored!!

WINTER IN ONTARIO



It's winter in Ontario
And the gentle breezes blow,
70 miles per hour at 26 below!
Oh, how I love Ontario
When the snow's up to your butt;
You take a breath of winter air
And your nose is frozen shut.
Yes, the weather here is wonderful,
You may think I'm a fool.
I could never leave Ontario,
Cause I'm frozen to the stool.

Oddly, Email submitted from Saskatchewan!

You Must Be Joking!!



The Deaf Wife Problem

Bert feared his wife Peg wasn't hearing as well as she used to and he thought she might need a hearing aid. Not quite sure how to approach her, he called the family doctor to discuss the problem.

The Doctor told him there is a simple informal test the husband could perform to give the doctor a better idea about her hearing loss.

"Here's what you do," said the doctor, "stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

That evening, the wife is in the kitchen cooking dinner, and he is in the den. He says to himself, 'I'm about 40 feet away, let's see what happens.' Then in a normal tone he asks, "Honey, what's for dinner?"

No response.

So, the husband moves closer to the kitchen, about 30 feet from his wife and repeats, "Peg, what's for dinner?"

Still no response.

Next he moves into the dining room where he is about 20 feet from his wife and asks, "Honey, what's for dinner?"



Again he gets no response.

So, he walks up to the kitchen door, about 10 feet away. "Honey, what's for dinner?"

Again there is no response.

So he walks right up behind her. "Peg, what's for dinner?"

"For goodness sake, Bert, for the FIFTH time, CHICKEN!"

Email submitted by Robert Price.

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Heritage Wilmot Invites You to Join Heritage Day

Wilmot at Play: Toys of Our Childhood.

For the past two decades, the Heritage Wilmot Advisory Committee has been proud to present an annual Heritage Day in Wilmot Township. Heritage Day offers township residents, community groups and business owners a chance to showcase the unique heritage and culture of this wonderful area as well as an opportunity to learn more about the community in which we live. This year, Heritage Wilmot is pleased to announce the 2013 Heritage Day theme of Wilmot at Play: Toys of Our Childhood. The Committee aims to present toys spanning the decades from the late 1800s to the 1980s involving the community. This day will most certainly be memorable and we would like to personally invite you to join us this day as an exhibitor.

Saturday, February 23 - 11:00 am to 3:00 pm
St. Agatha Community Centre

Areas of participation for organizations, businesses and families could include:

- ◆ Showcase toys by creating a unique display. Consider grouping toys from various decades.
- ◆ Highlight any unusual or favourite toys.
- ◆ Feel free to include photographs and/or stories that highlight the toys.

Additional promotion notes:

- ◆ Each participant will receive table space on which to display information and toys. Please note that as an exhibitor you are responsible for the security of your display. We encourage participants to always be with the display.
- ◆ A three-panel display board is available to participants to assist with the display. Please make arrangements with a committee member if you are interested. Display boards are free of charge. When designing your display, we recommend that you use colour photocopies rather than using the original photographs.

If you have any questions or would like to confirm as an exhibitor, please contact *Heritage Wilmot* at 519-634-8444 or email at info@heritagewilmot.ca. We look forward to working with you on this exciting community event!



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Monday	11 am - 4 pm
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Wednesday-Friday	11 am - 7 pm
Saturday	10 am - 3 pm
Sunday	CLOSED

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Phone: 519-513-2220
Fax: 519-489-0554

PARENTING WORKSHOPS

Parenting is one of those mixed bags—full of wonderful moments, so worthwhile and meaningful, and yet one of the most challenging things we will ever do in our lifetime. We can be confident in what we are doing one moment and the next wonder if we are doing anything right! Join other parents at these workshops to dialogue with each other. You will receive both affirmation for what you are currently doing as well as new information and skills to help you be an even better parent! Skilled counsellors will be leading the workshops. These workshops are for parents of children of all ages.

All workshops will be held in the library at the Baden Public School from 6:30 to 8:00 pm. Attendance at the workshops is free.*

March 5: Fostering Positive Relationships in Children: Our children live in a complex world where instant messaging and solitary play with computer games and the like leaves them fewer opportunities to hone their skills for face to face communication. This workshop will focus on strategies to develop positive communications skills and confidence in social interactions.

April 2: Strategies for Stress Management: Stress has become a household word and part of our everyday lives - even the lives of our children! This workshop will provide strategies to help support children persevere in the face of challenges and develop healthy coping strategies to manage stress

Childcare for children ages 4 and up is available in the gym through the FROG programme. If your child does not attend FROG on a regular basis please email badenspace@gmail.com to register your child for FROG for the specific night of the workshop. This will help us have enough adult volunteers for the number of children present.

**These workshops are sponsored by Interfaith Community Counselling Centre in New Hamburg and BadenSpace.*



**WILMOT FAMILY
RESOURCE CENTRE**

Child & Youth Programs for Winter/Spring 2013

BOREDOM BUSTERS

A New After School Drop-in program for children from grades 1 to 5. Drop-in anytime between 3 and 6 pm Wednesday's @ WFRC – 175 Waterloo St. New Hamburg The children can look forward to arts and crafts, games, puzzles, stories, ping pong and so much more!

TFZ YOUTH DROP-IN

Thursday's from 4 to 8 pm at the old New Hamburg Arena (251 Jacob St N.H.) Youth from grade 6 to 12 — \$2 per visit Floor hockey, scootering, skateboarding, badminton, Xbox, board games, tuck shop.....

YOUTH WORKSHOPS

We are offering two Kidproof Canada workshops this Spring, Pre registration is required.

SOCIAL NETIQUETTE

Ages 10 -15 years \$30 per student
"Students learn to develop proper social etiquette, good citizenship and critical thinking skills when it relates to meeting people, sharing information and socializing through Facebook, Twitter, Youtube and Online Gaming."
Saturday, March 2 - 9 am to 11 am at Wilmot Rec. Complex

BULLY PROOFING: ages 7 to 11 years \$30 per student
"This program is designed to be preventative and proactive so that children can avoid being bullied, and if they are bullied.. know how to stop it. In an interactive, non-threatening manner, children learn how to become "Bully Proofed"
Saturday, April 6 - 9 am to 11 am at Wilmot Rec. Complex

For more information on any of the above please visit our website @ www.wilmotfamilyresourcecentre.ca or cr4wfr@bellnet.ca / 519-662-2731

BADEN OUTLOOK

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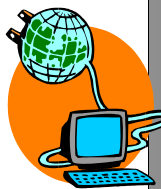
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Monday	9:30-8:00
Tuesday	9:00-6:00
Wednesday	Closed
Thursday	9:30-8:00
Friday	9:00-5:30
Saturday	By Appt.

LookOut Kids' Korner

It is a world of technology with computers in every home serving multiple functions. Folks of all ages find entertainment here — even tots know how to get on the computer to play ... amazing! *Try to imagine your grandma playing this way when she was little.* If you choose to play on the computer-- we went on line to find kid sites that offer plenty of fun. Check them out.

- ⇒ www.pbskids.org/games
- ⇒ www.ytv.com/games
- ⇒ kibagames.com
- ⇒ cbc.ca/kids/games
- ⇒ nick.com/games
- ⇒ kids.yahoo.com/games



If you are hooked up with facebook you can even play games with your friends on-line... check out scrabble games—it's a fun way learn new words



Don't sit around indoors being bored... call a friend and go play outside!



Q: What did the boy octopus say to the girl octopus?

A: Can I hold your hand, hand, hand, hand, hand, hand, hand, hand, hand, hand, hand, hand?

Q: What did the valentine card say to the stamp?

A: Stick with me and we'll go places!



Q: What is a vampire's sweetheart called?

A: His ghou- friend.

Q: What do you call a very small valentine?

A: A valentiny! ♥



Bored?? Make a list with the letters in your last name and see how many names you can think of that begin with each letter. See example below using my name.

- F—Frank, Florence, Fiona, Faye ...
- I —Isabelle, Iris, Isaac, Irene ...
- S — Sam, Steve, Sharon, Susie ...
- H — Harold, Howard, Henry, Hazel...
- E — Ethel, Edith, Ernie, Emily ...
- R — Ron, Roy, Reta, Roger, Ruby ...

I think you get it... now make a list and see how many you can get— have fun!! To make it harder just choose boys' names, then try it with girls' names.



Did you hug someone today?

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If you have less food in your freezer because you have reached the empty nest stage you might feel like you are falling in as you reach for items way down at the bottom! "Raise" the level by putting some plastic milk crates in the bottom and then place your plastic storage bags on top of that.

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*A one-day outdoor festival promoting
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**Food Vendors
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**Saturday, August 10, 2013
8 am - 4 pm**

Register online at:
www.badecornfest.ca
or call (519) 214-0249 for more information

Corn Festival Updates: Baden Gets Busy!

Submitted by Teresa Brown

Wow, the buzz is starting already ... last month's article announcing the Baden Corn Festival has certainly got everybody excited! And with good reason: coming Saturday August 10, this brand-new food and agricultural heritage event promises to be tons of fun.

But what can Badenites expect on the big day? Well, there will be plenty to do, see, and explore ... and of course, plenty to eat!

"Plenty to eat" is right: the Baden Corn Festival is a celebration of local food, but it's not just about corn. We'll have space for approximately 80 vendors and welcome local food producers to apply for a spot. So whether you're a beef farmer, market gardener, cheese maker, or a producer of just about any other type of food, be sure to get your application in soon: go to www.badecornfest.ca or call 519-501-9116 for information.

We're also planning to feature local restaurants -- what better way to highlight all the fantastic food that Wilmot has to offer? Larger booths will be available for restaurants (and churches or service clubs, too) who may want to sell hot meals. Want to learn more? Call 519-501-9116 or e-mail info@badecornfest.ca, and find out what the Baden Corn Festival can offer your restaurant or organization.

Whew -- lots of food, indeed! But there's more to do than eat, of course: the Festival will feature loads of entertainment, and we're starting now to book musicians, artists, singers, dancers, exhibitors, and more -- all performing on the streets of Baden, and on the main stage throughout the day. Got

a talent you'd like to show off to thousands of festival-goers? Give us a call or e-mail, and let's talk!

Lots of food and lots of fun, for sure -- but things really ramp up at six o'clock with the Corn Roast Supper, followed by a licensed outdoor dance with live Celtic Rock band Fiddlestix. We'll be offering a full meal, with meats, sides, and of course corn on the cob -- and then as the sun goes down, the high-energy music begins! Stay tuned for information about tickets for these events in the months to come.

That's lots of buzz -- and there will be more throughout the spring and summer, we promise! But until then, we'd like to invite you to meet someone ... someone who might just be the most important guest at the first annual Baden Corn Festival.

Who is he? It's a secret ... for now! But all will be revealed at Family Day on Monday, February 18. The Baden Community Association will be at the Wilmot Recreation Centre on Nafziger Road during the free skate and swim offered by the Township; just follow the signs, and enjoy snacks as well as the chance to dress up in costumes for a free family photo.

And of course, you'll meet the Mystery Corn Fest Guest in person! He's a fascinating fellow, to be sure. But you'll see what we mean as he begins his travels ... who knows where you'll see him next!



Ask Armand ~

Jacob from Baden asks - Is there a Masonic Lodge in Baden?

Armand says - Interesting question Jacob... yes there is. Wilmot Masonic Lodge Number 318 A.F. and A.M. was constituted in 1874. Mr. John Moran was the first Master of Wilmot Lodge. The lodge held their meetings on the top floor of the Central House located on Snyder's Road East at Brewery Street belonging to Mr. E. Boye. The members continued to hold their meetings there until 1888, at which time they relocated to a hall adjacent to the William Kraus Hotel – now known as EJ's Tavern. The lodge remained in this hall for 65 years. In 1951, the Lodge moved into a room on the top level of Livingston Presbyterian Church where they still meet today. In 1972, New Dominion Lodge, No. 205, vacated their Lodge Hall in New Hamburg and were invited by the brethren of Wilmot Lodge to use their Lodge Hall in Baden.

James Livingston was a charter member for Wilmot Lodge No. 318 which was established c.1874. Livingston belonged to the Ancient and Accepted Scottish Rite of Freemasonry of Canada. He was highly respected and obtained the 33rd degree. Livingston was also a member of the Knights of the Maccabees - a fraternal and benevolent "legal reserve society." A Lodge seal was purchased for \$9.00 and is still used 138 years later.

Regular meetings of Wilmot lodge are held in Baden on the 2nd Thursday of every month from September through June.



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Power Tip from "Heart of the Matter" Girls

Do you have too many books, magazines, notes, letters, memos, articles, brochures, newspapers, etc.?

- ⇒ Have a "To Read" basket/file to store your current papers.
- ⇒ Use a magazine box to create a boundary in regard to the number of magazines you can keep at any one time.
- ⇒ Schedule an appointment with yourself to "read" some of those papers that are sitting around.
- ⇒ If you read a book and don't enjoy it, pass it on to someone else or donate.
- ⇒ Recycle newspapers and old publications - they are outdated.
- ⇒ Recycle any publication that you can look up on the internet to find the same information.

INQUIRING MINDS WANT TO KNOW... WHY?



- Why do banks leave vault doors open and then chain the pens to the counters?
- Why do we leave cars worth thousands of dollars in our driveways and put our useless junk in the garage?
- Why can't women put on mascara with their mouth closed?
- Why is the man who invests all your money called a broker?
- Why don't you ever see the headline 'Psychic Wins Lottery'?
- Why is it that doctors and attorneys call what they do 'practice'?
- Why is the time of day with the slowest traffic called rush hour?
- Why didn't Noah swat those two mosquitoes?
- Why don't sheep shrink when it rains?
- If flying is so safe, why do they call the airport the terminal?
- You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff??
- Why isn't there mouse-flavoured cat food?
- Why is lemon juice made with artificial flavouring, and dish washing liquid made with real lemons?

Why?

Email sent by R. Price



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Baden Minor Softball Association 2013 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	<input type="checkbox"/>	
T-Ball	5 + 6	2007-2008	\$45	<input type="checkbox"/>	
Coach Pitch*	6 + 7	2006-2007	\$80	<input type="checkbox"/>	
Tyke	8	2005	\$100	<input type="checkbox"/>	
Atom	9 + 10	2003-2004	\$140	<input type="checkbox"/>	Family Discount \$25
Squirt	11 + 12	2001-2002	\$140	<input type="checkbox"/>	for 2 or more in a family
Pee Wee	13 + 14	1999-2000	\$140	<input type="checkbox"/>	
Bantam	15 + 16	1997-1998	\$160	<input type="checkbox"/>	<input type="checkbox"/>
Midget	17, 18 + 19	1994/95/96	\$160	<input type="checkbox"/>	

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

REGISTRATION	Saturday, February 9th - Wilmot Recreation Centre	9:30am – 12 pm
DATES	Wednesday, February 27 th - Wilmot Recreation Centre	7 pm – 8:30 pm
	Wednesday, March 6 th - Wilmot Recreation Centre	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, 2013

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*

Many drive past here every day. ~ Do You Recognize this Neighbourhood.

Outlooks's aerial photo taken November, 2012



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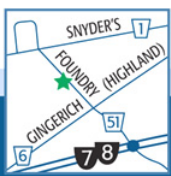
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~ NOTES FROM THE ATTIC ~

The History of Baden Hills

We all see the Baden Hills, our cherished treed landmark, every day – but are we aware that at one time the sand hills were bare and treeless? In 1937 W. Leigh Hogg, who owned the Spruce Manor Farm and the westerly hill, planted 2,500 white pines and maple trees.

The town of Baden had talked for many years of planting a forest in memory of Sir Adam Beck. There was even talk of calling it Sir Adam Beck Memorial Forest. Mr. Hogg's individual initiative was enough to bring many government officials together to make a plan.

On October 28, 1938, Ed Heuhn, Chairman of the Agricultural and Reforestation Committee of the Waterloo County Council, took a small group of people on a tour of the hills. Included were E.I. McLoughry, Agricultural Representative for Waterloo; A. H. Richardson, of the Provincial Forestry Branch; and W. H. Porter, of The Farmer's Advocate staff. It was decided that the following spring 25,000 Scotch and Red Pine trees would be planted on the Baden Hills which were formed 20,000 years ago by the ice age which also formed the local kettle lakes such as Spongy Lake.



You Must Be Joking!!

~ Oh Ya, these are very Punny!



- ◇ When chemists die, they barium.
- ◇ Jokes about German sausage are the wurst.
- ◇ I know a guy who's addicted to brake fluid. He says he can stop any time.
- ◇ How does Moses make his tea? Hebrews it.
- ◇ I stayed up all night to see where the sun went. Then it dawned on me.
- ◇ This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- ◇ I'm reading a book about anti-gravity. I just can't put it down.
- ◇ I did a theatrical performance about puns. It was a play on words.
- ◇ They told me I had type-A blood, but it was a Type-O.
- ◇ PMS jokes aren't funny; period.
- ◇ Why were the Indians here first? They had reservations.
- ◇ We're going on a class trip to the Coca-Cola factory. I hope there's no pop quiz.
- ◇ I didn't like my beard at first. Then it grew on me.
- ◇ Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?
- ◇ When you get a bladder infection urine trouble.
- ◇ Broken pencils are pointless.
- ◇ I tried to catch some fog, but I mist.
- ◇ What do you call a dinosaur with an extensive vocabulary? A thesaurus.
- ◇ England has no kidney bank, but it does have a Liverpool.
- ◇ I used to be a banker, but then I lost interest.
- ◇ All the toilets in New York's police stations have been stolen. The police have nothing to go on.
- ◇ I got a job at a bakery because I kneaded dough.
- ◇ Haunted French pancakes give me the crepes.
- ◇ Velcro - what a rip off!
- ◇ A cartoonist was found dead in his home. Details are sketchy.
- ◇ Venison for dinner again? Oh deer!



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Have you always wanted to grow your own food, but don't have the space, time or even know where to start?!

Well this is the season for you! I am starting a community garden this spring for anyone that would like to be a part of a community of people interested in getting their hands dirty, working together to grow and enjoy their own food.

My name is Laura Baer and I grew up on Vibrant Farms, a small 100-acre organic farm between Baden and Wellesley on Carmel-Koch Road. Our main enterprise on the farm is raising grass-fed organic beef, but we just recently started raising chickens for meat and eggs. My father also farms the land for cash crop. We have two horses, Mojo and Promise, two pet goats, two jersey cows and two friendly dogs, Kramer and Makita. We also have a beautiful garden space that my Uncle and a friend of mine put a lot of work into over the past couple years, but unfortunately life has taken them to different places and they will no longer be on the farm this summer.

This is the first summer in a long time that I will be sticking around the farm and am really excited about the opportunity to work in the beautiful space they have created! It has always been my dream to operate very own CSA on the farm. For those of you that don't know what a CSA is, it stands for Community Shared Agriculture, a new method of farming whereby the customer helps take on some of the responsibility of growing the food. There are many versions of CSAs and each individual one may operate differently. The basic concept is that they build community around food and promote the idea that customers/consumers and our environment will be better off if individual consumers take responsibility for growing their food. I have always dreamt of working my own CSA on the farm, but I, too, am new to growing my own food. First of all, I don't have the know-how to do it all on my own and more importantly, I would much rather work with people that are eager to learn with me!

So, I am hosting a community garden on a 1/4 acre plot in our already existing garden. This way I think it will be a lot more rewarding to work together with a community of people to grow food. I hope to create a space where people will feel free to bounce ideas off of each other, work together and feel empowered, not burdened with the task of growing their own food.

The 1/4 acre plot will be divided into 10 foot by 10 foot plots initially. However, if people are interested in taking on more

space and can handle using more space, we definitely have it available and are more than happy to make it happen! The farm is certified organic so there will be no use of pesticides or herbicides in the garden and members will have access to cow manure all season. We have a nutrient dense clay/loam soil, which is currently planted with a rye cover crop. Come spring I will be tilling it just before planting season so we can maximize all the nutrients of the plant or green manure in the soil. Members of the garden will also have access to water from our farm well.

Throughout the season we will be hosting workshops from experts on a variety of different topics related to growing the most nutritious food in a sustainable manner. For example, Paul Wartman will be leading one workshop on Permaculture and how you can integrate it into your garden. Other workshops include composting, companion planting, seed saving and more! Near the end of the season we will also learn how to preserve as much of our food as we can so we can enjoy the fruits of our labour even in the wintertime. We may also have a preserve swap, where you can trade certain preserves for others.

I am committed to creating a more sustainable and educated consumer society, so I hope that this experience will help as many people learn a bit about taking responsibility for their food and consequently their health. There is lots to learn, so I am always open to ideas and encourage suggestions!

If you are interested in joining and want to give it a whirl this season, please email me (lauraannbaer@gmail.com) or call me (519-400-6083). I am happy to tell you more about it and show you the space we will be growing in.

I would love for you to join me!



Answers from Common Combos from page 5

- | | |
|-----------|-----------|
| 1. table | 5. game |
| 2. land | 6. fence |
| 3. race | 7. nut |
| 4. turtle | 8. finger |



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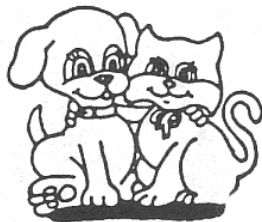
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Merger Mania

Many companies have grown through mergers, and we came up with some funny names for their newfound businesses.

- 1 If **PolyGram Records**, **Warner Brothers**, and **Cracker Barrel** merged they might become **Poly-Warner-Cracker**.
- 2 If **3M** and **Goodyear Tire** merged, the new company might be **MMMGood**.
- 3 If **Zippo Manufacturing**, **Audi**, **Dofasco**, and **Dakota Mining** merged, the new company might be called **Zip-Audi-Do-Da**.
- 4 If **FedEx** and **UPS** merged, they would be **Fed-Up**.
- 5 If **Knott's Berry Farm** and the **National Organization for Women** merged they might be called **Knott-Now**.
- 6 If **Grey Poupon** and **Dockers Pants** merged, they might be called **Poupon Pants**.
- 7 If **Luvs Diapers** and **Hertz Rent a Car** merged, the new company would be **Luv Hertz**.



New Hamburg Legion
Branch #532 - Boulee Street, NH

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 Please join them Saturday February 23
Dance with Crippled Ducks & Harry Busby
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with the driveway and sidewalk!!



Checking Out the Baden Branch Library



NEW at the library: EXPRESS DVDs!! Get great movies faster! New releases and popular movies available for adults and children. These specially marked DVDs have a *one week loan period – isn't it a three day loan?* and there is a limit of two Express DVDs per person. Drop in and see what is on the Express DVD shelf.

'Like' us on Facebook! 'Follow' us on Twitter! We are pleased to announce that the Region of Waterloo Library has launched our first Facebook page and Twitter account. 'Like' and 'Follow' us for book recommendations, event reminders, technology tips, trivia, polls and more!

To find our new social pages follow these links:

'Like' us on Facebook at www.facebook.com/RegionofWaterlooLibrary

'Follow' us on Twitter at www.twitter.com/rwlibrary

Forest of Reading is here! It's a Canadian content book club hosted by the Ontario Library Association. Books are available at all Region of Waterloo libraries. For more information on this program please visit: www.accessola.org. As always, you can use the Regional library catalogue to place holds on your favourite Canadian titles, or ask library staff for assistance.

March Break Programs: The **Baden Branch Library** is hosting the "Travelling Reptile Show" on Thursday, March 14 at 2:30 p.m.

A hit with kids and parents alike, the annual event has become widely popular. It's a selection of slithering, scaly creatures; each presented with a description of their characteristics and natural habitat. If your kids are fanatical about swashbuckling and sleight of hand, the *New Hamburg Branch Library* (519-662-1112) won't disappoint with their "Pirate Magician – Captain Corbin" on Tuesday, March 12 at 10:30 a.m. Captain Corbin combines two family favorites - magic and pirates!

Ticket prices for all shows are \$3 each or two for \$5. EVERYONE who attends must have a ticket (this includes small children and adults, 1 person = 1 ticket). Get your tickets early – space is limited at all programs.

Come Read With Me! – Weekly Family Storytime continues until Feb. 27. The program is recommended for children three to seven, with adult accompaniment, and is held Wednesday evenings from 6:30 to 7:15 p.m. Read, play games, and learn about literacy in fun ways! Drop in (no registration is required). It's free!

NEW STORYTIME REGISTRATION PROCEDURE - Beginning with the 2013 Spring Storytime Sessions, all Region of Waterloo Library branches will have registration on the same days. *Registration for Storytime programs will begin on Tuesday, March 5 for **NEW families** and on Wednesday, March 6 for everyone else.* Registration will begin at the start of the branch's regular opening time, and can be done in person, by phone or by email. Contact the Baden Branch for more information or visit our website at rwlibrary.ca

These programs are designed to build literacy skills while fostering a love of reading in a child's early years:

Storytime: For ages 2 ½ to 5. Choose either Tuesday afternoons from 1:15 to 2 p.m. **OR** Wednesday mornings from 9:15 to 10 a.m. Program includes stories, songs, games, and crafts!

Toddler Tales: For ages 1 – 2 ½ years old with their parents/caregivers. Choose either Wednesday mornings from 10:15 to 10:45 a.m. **OR** Thursday mornings from 9:30 to 10 a.m. Program includes stories, songs, rhymes, and activities!

Just for You Baby: For babies ages 0 – 12 months with their parents/caregivers. Wednesday mornings from 11 to 11:30 a.m. Lots of songs, rhymes, and sensory activities!

All programs begin the week of April 2, 2013. Programs are free and registration is limited.

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

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

- Home Sweet Home

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You Must Be Joking!!



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And suddenly I remembered I was listening to my iPod ...and how was your day?

That's what happens when old people start using technology!

~ Email shared by Robert Price

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



Baden Birding

By Dave Rogalsky

As I write this we've just broken records for high temperatures, again. It is becoming an accepted fact that climate change is taking place. We don't have to go into the why of it. It is happening and it's affecting all of us.

Birders have been keeping track of birds in this area for over 100 years now. The most recent Christmas Bird Count didn't count any new species but did count an above normal number of species. Interestingly, some more southern birds which have been seen here before were here in greater numbers – "American White Pelicans continue as a recent wintering species, with 111 counted this year. Other notable records included singles of Sandhill Crane and Lesser Black-backed Gull and Blue-gray Gnatcatcher." (from a report by Paul Kittle). This is exactly what researchers across North America are finding – more and more birds are staying longer in the fall and into the winter, or staying permanently. Need I remind us all that Canada Geese are considered a *migratory species*?! Not if you're on the U of Waterloo campus! They've been staying around for a number of years already, practising, but never using, their migration flying patterns in bold chevrons across the sky.

The thaw and freeze cycles have effects on birds that stay. Berries that would stay frozen through the winter as a food supply for birds are thawing and rotting rather than being preserved for the birds. The Grey or Canadian Jay in the north (also called the Whiskey Jack) catches, kills, and stores insects and spiders for future use. They have developed the ability to use the cold of a Canadian winter in order to have a food supply. But for a number of winters their stored food has been spoiling faster than in the past.

Researchers are also finding that some birds are coming earlier to nest. Most of these are birds that hardly 'migrate' and more just move north and south with weather and food supply. Redwing black birds just move further south in the late summer and then further north in the late winter. Birds such as these are nesting earlier as they arrive sooner and are making use of the earlier appearance of the insects they eat. Such species are also moving further north year by year as the summers lengthen. It was in the 1980s that regular spotting of cardinals came to places like Sudbury.



But many of the long-distance migratory birds are not shifting their arrival and leaving dates. Their patterns seem to be built into their genetic make-up and relate to the angle of the sun and day length. They are arriving out of sync with the insects they have depended on for tens of thousands of years. This is bad for the birds, and researchers believe that some

species of wood warblers will decrease in numbers or become extinct in our area because of this. Other scientists are concerned that the insects will gain the upper hand in the forests and fields, changing the forests, and decreasing crop yields.

We have gone through cycles of warming and cooling on earth for hundreds of thousands of years – glaciation formed much of our local topography. Animals, birds, insects, and plants have evolved to respond to these cycles. The concern now is that change is happening so fast that evolution cannot bring about the changes fast enough. A danger for us all, as Al Gore put it in his film, *An Inconvenient Truth*, is that we move from denying climate change, to despair about being able to do anything. We need to accept that climate change is happening, that it is influencing all of us, and that each of us can do something, even the smallest thing. So bird watch in your neighbourhood, nearby, using less fuel for exercise and relaxation.

Watch for what you see, and when. Happy birding.



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I plunked down in the first open seat on the bus before I noticed the ragged clothing, the ball cap over straggly silvering hair, the burden of used shopping bags and the bright pink lipstick smeared across the teeth of the bag lady sitting beside me.

As I sat, the old lady called out to an acquaintance across the bus, "Hey – I'm in Geist!" as she fluttered the Vancouver-based quarterly out towards her friend. Her motions were not overly grand or showy, but it caught my attention because I had just purchased the magazine myself.

"Wow," I said, as I leaned toward her, "I love that magazine! What is your story about?"

"It's a poem. It's really about getting over depression and my life in Vancouver. I suffered a lot of anxiety through the years – and used a lot of drugs to try to mask it. I've been off drugs for four months now. I'm trying to stay clean, to figure out who I am *now*."

I had to wonder, what did she mean by who she is *now*?

"Depression is not an easy monster to fight," I said, encouraging her to reveal more.

"I don't think I'm over it – I don't think I'll ever be over it. It just seems to linger."

Her clear blue eyes cut the air between us and let me glimpse a bit of her soul as she continued to tell me her story. I was suddenly aware of the tattoos reaching across her upper chest and down the full length of her sinewy arms and of her thick fingers on square hands. She wore socks and sneakers with capris, revealing a ball of muscle in her calf. And my eyes returned to the bright pink lipstick smeared across her teeth. Her broad, genuine smile warmed me in spite of, or maybe because of, the lipstick.

"I used to walk the streets and no one would stop for me – cab drivers would drive right past me and busses wouldn't stop for me because I'm... different. I often had to ask someone to wait at the

bus stop with me so the bus would actually stop for me. Sometimes, a date would get a cabbie to stop and as soon as I'd get in, the cabbie would refuse to go anywhere and demand that I get out."

I looked towards the floor briefly and caught the tight muscle in her calf in my vision again. She was definitely feminine, but there was a lot about her that was manly, too. I surmised that when she was younger, she probably couldn't work in any normal workplace straddling the gender line as she did, and so she prostituted to provide for herself. I could only imagine the feeling of invisibility she must have felt as cabs and busses sped by her, acting as if she weren't there. As if she wasn't part of our social fabric. Maybe if she wore blasé jeans and t-shirts and covered up her difference and became mediocre like so much of the population does, she would somehow be more worthy than she was in her high heels and short skirts and bright pink lipstick.

I imagined her on dimly lit sidewalks sticky with gum and rutted with years of neglect, waiting for a date whose money might pay her rent and maybe buy a new dress. I wondered if she ever dreamed of a date who would take her away from it all; put her up in a penthouse suite and love her as she is.

She pulled the slim bus cord and got ready to exit. But before she stood up, she looked deep into my eyes and said, "This has been a nice chat. Thanks for being so warm; so open. You are easy to talk to."

Now she caught me off guard. There were so many things I wanted to say back, but all I could manage to say was, "thanks for saying that." It was a real compliment.

"I'm Antonette," she said, showing greater social grace than I. "What's your name?"

As Antonette shuffled off the bus, I sat in the solitude that the still-full bus lent; no one looking me in the eye, no one saying a word, everyone acting cold. I was honoured that Antonette wanted to know my name, and a gentle warmth spread over me as I wondered if I'd just been touched by an angel.

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Categories Quiz: For each of the categories listed, find a word beginning with the letter on the left? Count one point for each correct answer. A score of 15 is good—21 is excellent. See our answers on pg 28



	EUROPEAN CAPITALS	COLOURS	ONE WORD FILM TITLES	HERBS & SPICES	JOB TITLES
P					
O					
L					
A					
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Saturday Night at the Movies

Wilmot Mennonite Church, 2995 Bleams Road, N.H.

February 16th at 7:00 p. m.

"The First Stone".

Through a bizarre turn of events, church janitor Murell Parsons, becomes the leader of the youth group and creates an uproar with his unconventional approach. Despite the condescending attitude of the Pastoral staff and the apathetic teens, Murell succeeds where other youth leaders have failed, relying on his street-smarts and down-to-earth Christian faith.

Beverages provided, bring your own snacks.
Nursery available but not staffed.
Donations to cover costs appreciated.
Everyone Welcome!
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New Hamburg & Area Coop Preschool Registration

Alumni registration February 25- march 1 2013.
General Public registration March 4 6:30-8:00 pm
at the preschool 3433 Huron Rd., Haysville
First come first serve. \$20 deposit required.
Registration packages are available on the
website newhamburgpreschool.com
Any questions please contact 519-662-4655



*Open house at the preschool on
February 28, 6:30-8:00 pm and March 1, 9:30-11:00 am.*

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6:30-9:30 pm (2nd & 4th friday of each month)
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Baden Minor Softball will be holding
Registration on February 27th (7- 830 pm),
March 6th (7- 830 pm)
at the Wilmot Rec Centre

WILMOT HORTICULTURAL SOCIETY

Monday, March 11 - 7:30 p.m.
Wilmot Recreation Complex , 1291 Nafziger Rd. Baden

Topic: Native Plant Nursery / Ecological Restoration
Speakers: Krystal Bradford & Liam Kijewski



Everyone is welcome ~ No admission charge
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Women's Institute Invites You to Join In...

A Women's Day



Saturday, March 23, 2013— 9:30 am
Bethel Evangelical Missionary Church
1531 Bridge Street W., New Dundee

Register early to avoid missing out on this special day!
Deadline is March 19 costing \$35 (includes lunch)
Register before March 4th for only \$30

Topics: Alzheimer Society, Herbs for Everyone
Alia n TanJay Fashion Show

For more information contact Ruth at 519-578-9876
Or mail to register at Waterloo District Women's Institute
c/o Eleanor Berry, 250 Country Hill Dr., Apt. 806
Kitchener, ON N2E 3L9
Proceeds from this event will be donated to Alzheimer Society.

The Township of Wilmot Splash Pad Committee
Hosting First Official Splash Pad Fundraiser
Spaghetti Dinner— Family Day
February 18th from 4:30 pm to 7:00 pm
Upstairs at the New Hamburg Community Centre
251 Jacob St. New Hamburg.

For more information contact Angie Hallman, Splash Pad
Committee Co-chair: 519-662-6277 ahallmanrmi@cwisp.ca

Keep the Miracles Flowing in 2013!

Blood Donor Clinics

Monday, February 25 - 2:00 to 8:00 pm
W/O Cafeteria - Sponsored by Zion United Church

Monday, March 18 - 5:00 to 8:00 pm
NH Legion- Sponsored by Morningside Village



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Lions Club Thanks Zehrs Beechwood for Valuable Donation

The New Hamburg Lions Club has worked closely with the Lions International Vision Project. Last year Lion Jim Bishop was sent to Honduras, as part of a team, working on vision testing with children and adults. On his return Lion Jim commented that, due to sunlight

sensitivity, a large number of people also need help with sunglasses.

Recently, Zehrs Beechwood in Waterloo, was credited by Foster Grant, (Eye Glass Company) for over 300 pairs of sunglasses valued at approximately \$2000 wholesale. Manager Paul Rektor donated the glasses to the New Hamburg Lions Club. The Lions thank Zehrs for their generosity and will be forwarding the sunglasses for shipment to Lions International.

In an effort to take an organized approach to the collection of glasses for the program, the club will also be placing collection boxes at a number of strategic locations in the coming months. We will keep you posted on locations.



Zehrs Beechwood Store Manager, Paul Rektor, presented Lions Bob Starr and Gregg Murtagh with over 300 pairs of sunglasses for distribution through the Lions International vision project.

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



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*Please visit The Baden Outlook web site for a
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 addresses and web sites. If your church is missing
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Answers from Categories Quiz from page 25

	European Capitals	Colours	One Word Film Titles	Herbs & Spice	Jobs
P	Paris	Pink	Poltergeist	Paprika	Plumber
O	Oslo	Orange	Outbreak	Oregano	Optician
L	London	Lilac	Lassie	Licorice	Lawyer
A	Athens	Amber	Avatar	Anise	Artist
R	Rome	Red	Rocky	Rosemary	Reporter



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 good personality catches the heart.*

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Family Fun Fest

Monday February 18

New Hamburg Arena / Community Centre

12:00 Noon until 4 pm

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- ◇ Some people are kind, polite, and sweet-spirited until you try to sit in their pews.
- ◇ The good Lord didn't create anything without a purpose, but mosquitoes come close.
- ◇ When you get to your wit's end, you'll find God lives there.
- ◇ People are funny; they want the front of the bus, Middle of the road, and back of the church.
- ◇ Opportunity may knock once, But temptation bangs on the front door forever.
- ◇ Quit griping about your church; If it was perfect, you couldn't belong.
- ◇ Some minds are like concrete ...Thoroughly mixed up and permanently set.
- ◇ Peace starts with a smile.
- ◇ Forbidden fruits create many jams.
- ◇ God promises a safe landing, not a calm passage.
- ◇ He who angers you, controls you!

TIMELY DONATIONS ARE WELCOME

Every day we receive thousands of donated items. Thanks to these donations the New Hamburg Thrift Centre provides our local community with an affordable option for quality items and supports the work of The Mennonite Central Committee in communities around the world in the process.

Our backroom of 8000 sq. feet may sound like a big storage area, but the reality is that in order to offer the best items and increase our sales we need to use our space efficiently and storing items for long periods of time is not our best option.

As a donor, the next time you look in your closet, garage, kitchen, or plan to re-organize, re-decorate, downsize or anything else, remember that somebody may find a new use for those items that you donate - especially if it is within the appropriate season. As a customer, you don't look for Christmas items in January or February. Instead, the best time to donate Christmas trees and decorations are October through December. Same thing goes with clothes or any other seasonal item; it is easier for you to store one bag of gently used items then for us to store many donations for 10 or more months.

Remember, we will gladly receive your donations at any time but you will really be helping us by following the suggested seasonal donations timelines:

- January – March: Valentines, Easter, spring clothing
- End of April and May: plants for our perennial sales
- May –July: Summer Clothes
- August – September: Thanksgiving, Halloween, fall clothes
- October – December: skis, winter clothes, Christmas trees and decorations.

Dear donor your contribution is fundamental to our work and together we keep useful items out of the landfill while raising money to make the world a better place.

New Hamburg Thrift Centre

41 Heritage Drive

New Hamburg

tel: 519-662-2867

www.newhamburgthrift.com



Please note we are closed
Monday, Feb 18 for Family Day.

Stock up on board games,
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together!



All proceeds benefit
the work of
Mennonite Central
Committee

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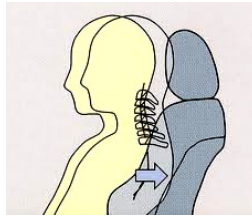
The unique forces generated during a motor vehicle collision (MVC) cause more than 100,000 whiplash cases in Canada each year. This article will specifically focus on the treatment and prevention of whiplash injuries.



The term **WAD (Whiplash Associated Disorder)** is used to describe a range of injuries that can be attributed to whiplash. This may include: neck pain, whole body muscle pain/ache, jaw pain, referred arm pain, shoulder or other joint pain, mid back pain, low back pain, headaches, dizziness, and tinnitus.

WAD Grades 1 and 2 represent the majority of whiplash cases and are amenable to conservative management. Early treatment and consultation can greatly improve the recovery process and prevent future complications and chronic pain. Effective treatment strategies may include: pain controlling modalities such as electrotherapy and acupuncture to help facilitate and promote activity and functioning; manual and soft tissue therapy to assist in the healing of injured tissues; education on how to safely re-integrate into activities of daily living; and rehabilitative exercises that may include range of motion, flexibility, strengthening, and balance/coordination training. An independent home exercise program should also be provided.

The goal of treatment is to get the injured individuals back on their feet and up to their normal level of activity. The majority of people with **WAD** Grades 1 and 2 experience no significant disruption to their normal activities of daily living. Some may experience a temporary disruption to their normal activities, but usually improve after a few days or weeks. Occasionally, symptoms may persist over a longer period of time. A return to normal activities of daily living may be assisted by active treatment and rehabilitative exercise prescription as described above.



Included below are some tips that may help prevent a MVC and/or whiplash injury (courtesy of the Alberta College and Association of Chiropractors):

1. Drive defensively. Always anticipate the actions of other drivers.
2. Wear your seatbelt at all times.
3. Make sure your headrest is positioned properly; that is, the top of the headrest should be no lower than the top of your ear. If more than one driver uses the car, remind each other to always check the headrest height.
4. Never operate cell phones or other electronic equipment while driving.
5. When road conditions are poor (i.e. icy, wet, dark, or crowded), slow down accordingly.
6. Be sure your car is always in good working order, particularly your brakes, tail lights, headlights, and directional signals.
7. Engage in regular physical activity consisting of cardiovascular, strength, and flexibility training. This will help keep your body strong and offer some protection in the event you are involved in a MVC.

If a whiplash injury is interfering with your activities of daily living, consider chiropractic care. A chiropractor can prescribe appropriate conservative therapy, rehabilitation and self-management strategies specifically for you. For more information, visit www.nhwc.ca.

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



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"Continuous effort—not strength or intelligence—is the key to unlocking our potential." ~Winston Churchill

As we head into February, some of those New Year's resolutions we made have fallen by the wayside. It's often easy to start working on a goal; the hard part is sticking with it when things get tough. How can we maintain our focus, stay motivated, and keep from feeling overwhelmed? One way is to focus on one thing at a time. Taking on too many goals or changes at once can be demanding and may overtax your ability to manage. Try making one small change or working on one small step toward your goal. Once that is well underway, you can consider what you could add. Don't try and "make-over" your whole life at once.

You can also consider potential obstacles and plan for them. For example, don't schedule an early morning fitness class if you're just not a morning person! Consider what you know works best for you and plan steps toward your goal using that knowledge. Another idea is to commit to a change for one month and then reassess. This amount of time will give you valuable information that you can use to help you move forward. If things are working well, keep moving ahead; if not, you may need to refine your goal or the steps you are taking to reach it. Sharing your goal with others also helps through encouragement and by keeping you accountable.

Change is hard and part of that is fear of failure. In order to face those fears, it's important to actually think about what you are afraid of and how realistic or likely those fears are. Enlist friends, family or other people whom you respect for expertise and advice. There is no reason to expect that you have to figure out how to make changes all alone.

Sometimes things don't go according to the plan you've made and you end up feeling like you've failed. As strange as it might seem, there is a lot we can learn from failure. First of all, failure often lasers in your focus. You quickly get a sense of what is really important; if failing at it is distressing. Failure can also prioritize aspects of your life; you get a clear sense of what needs your attention. Failure also teaches us that roadblocks are NORMAL and learning how to negotiate them is a lifelong skill. Every time you feel that you've "failed", you've actually learned important lessons. Most successful people say that a good part of their success was due to not giving up when they failed; they got up again and again and kept trying.

So, how do you keep moving forward when you just want to give up? Try to remember that the *process* of working toward a goal is just as important, some might argue more important, than reaching the goal. You learn so much in terms of prioritizing, planning, and perseverance when you work toward your goals. Try to remember that setbacks and missteps are a normal part of the process. One mistake or a dozen doesn't mean you have to give up. It means you need to figure out what went wrong, revise your plan, and start again. Don't beat yourself up! Stand strong and forgive yourself. We all make mistakes and, sometimes, fail at things we try. But if we learn something that helps us move ahead, then it isn't

It's Flu Season – So Much to Learn!

So, what is the difference between the Bird Flu and the Swine Flu?

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In the dead of winter, there is nothing like a little spice to warm us up. The spices of the south are an ideal add-on to your kitchen table. Since most spices are herbs, and the latter are the starting products of herbal medicines, they have many healing properties to offer us.

On a recent holiday down to Uruguay, a tiny country south of Brazil and beside Argentina, I discovered the traditional seasoning sauce called Chimichurri. It is typically an accompaniment to red meat dishes (which ideally are consumed only once per month!). Amazingly Chimichurri is so chock full of healthy goodness that my naturopathic spidey sense was tingling when I tried it. It's nature's cure in action, as the traditional use helps to compensate for the excessiveness of red meat in the Uruguayan people's diet (red meat is a main staple). Imagine what adding this sauce to a healthy balanced diet can do.

So here is something you can easily translate into your health practice. Remember cooking is all about getting to know the different spices, the flavours you like best and especially experimentation; you may mess up a few times but it's the mess-ups that lead to magic. So if you don't get it perfect right off the bat don't fret, simply try again! Here's a naturopathic modification to this authentic dish to make it into a souped-up sauce that can be used as a dip for raw vegetables, a sauce for cooked vegetables, and a chutney for any type of meat (beef, chicken, turkey etc..).

Ingredients: (Ideally fresh as can be and Organic!)

Parsley or Cilantro (Or both!)- Finely Chopped 1 cup
Raw Garlic- Finely Chopped- 1/2 cup
Raw Onion- Finely Chopped- 1/2 large onion
Red Pepper -Finely Chopped- 1/2 small pepper
Black/White Pepper- Finely Crushed- 1 tbsp
Oregano- Finely Crushed- 2 tbsp
Thyme- Finely Crushed- 1 tbsp
Turmeric- 2 tbsp
Extra Virgin Olive Oil- 2 cups
Lemon Juice of 2 fresh lemons
Apple Cider Vinegar with the Mother- Filsinger's Organic in a glass bottle - 1/2 cup

Mix all ingredients together in a large bowl, and blend with a hand blender until it becomes very creamy and yellow coloured with green and red flecks. Enjoy immediately and package the rest in small containers in the fridge for later. This recipe will make 3

cups or more of the chutney, which would last 1.5 to 2 weeks in the fridge.

What are the key benefits of this little mix? It's high in antioxidants, natural vitamins and minerals; helps the body to detox (chemically transform toxins and chemicals in the liver); eliminates toxins (via liver and kidney); and in addition, there are immune-stimulating and cancer prevention effects. Some people don't like the raw onion and garlic, but that's the only way to get the therapeutic effect; when you cook them you lose their benefit. Plus having lemon juice and parsley/cilantro, mutes the bad breath effect of garlic and onion.

So here's to spicing up winter and bringing some traditional Uruguayan Chimichurri to your dinner table! Enjoy con Gusto!!!

Disclaimer: This is not meant to diagnose, treat or cure any disease. Always seek the advice of a qualified health care practitioner before undertaking any program.



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Fantastically Fermented Functional Foods

As I write this article, I think about all the people that have asked me what my New Year's resolution will be. I usually don't make New Year's resolutions, as I try every day to eat healthy, exercise, and take care of my family. I really can't think of anything more important than those three things. I am not sure what the fascination is with New Year's resolutions. Similarly, I don't understand dieting, as I find if people who "go on a diet" eventually plan on "coming off the diet" and returning to old eating patterns. I prefer to recommend small incremental changes to an individual's eating plans in order to move to a healthier place where disease and disorder in their bodies can be prevented.

With all of that said, a little voice inside my head was speaking to me this year and so I resolved to improve my health by consuming fermented foods on a daily basis. Although this may at first seem like a strange resolution, I can assure you it may be the best resolution ever!

Fermented foods contain an enormous amount of beneficial bacteria; one ½ cup serving of traditionally fermented sauerkraut may have as many pro-biotic bacteria as a whole bottle of your favourite pro-biotics. Consuming a modern day diet, high in processed foods can lead to a deterioration of healthy intestinal flora. We know that pro-biotics are great at restoring healthy gut flora after a round of anti-biotics. But did you know that regular pro-biotic consumption can improve many problematic health conditions, including bloating, gas, irritable bowel syndrome, atopic dermatitis, diarrhea, allergic rhinitis, and even the common cold? The beneficial bacteria in these foods are potent detoxifiers, capable of drawing out a wide range of toxins and heavy metals. Fermented and cultured foods can be instrumental in the self-healing process.

Now, I have to warn you, if you would like to join me in this resolution, that not all fermented foods are created equal. Take the bottle of Vlasic pickles sitting on the grocery store shelf with a best before date of 2015. Traditionally fermented pickles would burst open that jar long before 2015. In order to ensure you are purchasing the highly beneficial functional fermented food, full of health promoting pro-biotics, you need to look beyond the supermarket shelves. You can still find some healthful traditionally fermented varieties at olive bars and delis, but steer clear of the pantry shelved varieties.

Ideally, you'll want to include a variety of cultured foods and beverages in your diet, as each food will inoculate your gut with a variety of different microorganisms.

- Sauerkraut (traditionally fermented)
- Chutneys and Salsa
- Kombucha
- Cultured organic dairy, such as yoghurt, kefir, and sour cream
- Miso, Tempeh, and Tamari

If you would like to try fermenting your own vegetables at home, try this simple sauerkraut recipe.

Easy Sauerkraut:

5 pounds of Cabbage / 3 Tbsp Sea Salt

1. Remove outer layers of cabbage, cut into quarters and remove core, slice thinly or coarsely chop.
2. Place cabbage in 1 gallon food grade bucket or crock, adding salt as you go so salt is layered.
3. Pound the cabbage with a pounder to draw out the juice. Be creative – fist, kitchen tool or baseball bat works well. Keep pounding until the cabbage becomes somewhat translucent and there is plenty of juice at the bottom.
4. Place the cabbage in a glass jar or crock and place the outer cabbage leaves on top.
5. Place a plate on top of leaves, or something else that fits snugly and a clean weight on top of that.
6. Cover the jar or crock with a dishtowel and let sit at room temperature for one day.
7. If after 24 hours there is not enough brine to cover the cabbage by 1 inch, make a brine solution by dissolving 1 Tsp sea salt in 1 cup of water. Pour solution over the cabbage.
8. Replace the cabbage leaves, lid, weight and dish towel. Let sit another 5 days.
9. Taste every few days, once sour enough, place in the fridge to stop the fermentation process. This sauerkraut will last for months in the refrigerator.

For more winter recipe ideas, look on my website www.HeatherMB.ca under the "Recipes" icon. Until next time, enjoy your fantastically fermented functional foods.

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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