

VOLUME 13, ISSUE 7



*"Keeping the Community Connected"
with 2900 Copies in Circulation.*



Baden Outlook



*Winter Wonderland on Sandhills Road,
Captured by local photographer, Rick Schmidt ~ Gifts from the Heart*

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This paper is priceless - Please have one!

Talking with Ed

~ The Tradition Continues

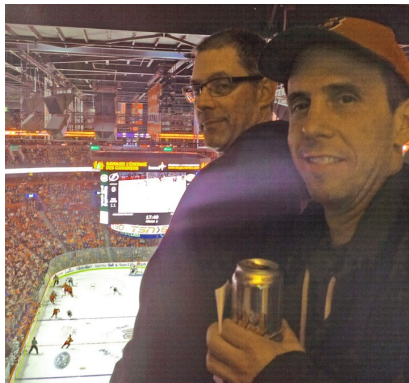


In the fall of 1989, my buddy Tim suggested we should go on a male-bonding hockey trip to Boston. His plan was to go to the Boston Gardens to see the Bruins play the Calgary Flames early in 1990. What seemed important was to see a game in the old "Gawdens", which was scheduled to be replaced in 1995.

Four of us — all Zehrs employees — Tim, Blair, Steve, and I made the 13 hour trip to Boston. I recall that it was the height of the U.S. invasion to Iraq and when they played the national anthems, it was an incredibly stirring moment. Calgary was a pretty good team at the time with the likes of Gary Roberts, Robert Reichel, Jim Peplinski, Doug Gilmour, and who can forget Stu Grimson. The four of us had single tickets and were seated in different areas of the arena.

We spent some time exploring Boston including the John Hancock Tower and other sights. It was a huge amount of traveling for a weekend away — 26 hours on the road; but it was so much fun that we decided to try it again the next year. Here we are 24 years later and we are still making our yearly pilgrimage (pending hockey strikes!).

Our group has changed over the years. Steve dropped out after the first year — he was a musician, and not a jock and was replaced with Mike, another fellow Zehrs employee. The foursome stayed intact until 2004. That particular weekend away was scheduled for March (Columbus, Ohio). Blair had complained about not feeling well while on this trip — he was unquestionably the funniest, yet most docile of the four of us. He



Brothers, Tim and Travis Gowland

only had one kidney so we thought that issue might have contributed to the ill feeling. After the weekend he paid a visit to his doctor, and then was sent on to a specialist, who informed him that he had cancer. Sadly, he passed away that July and we were all shocked — he is missed very much. This sure changed the feel of our trips, but opened the door for Tim's brother Travis to join in; he has done an admiral job replacing the big shoes Blair left behind. We never fail to chat up fond memories of Blair from our previous trips.

We have gone to games in Boston, Chicago, Columbus, and Buffalo once. We have also been to Ottawa, Montreal, and Pittsburgh many times, creating lots of great memories. Pittsburgh was particularly fun on St. Patrick's Day weekend, and many of our trips have landed on Super Bowl weekend. This year's trip was to Montreal, which was Super Bowl weekend — bonus!

Besides packing in 2 NHL games per trip, our weekends generally include lots of cards, fine dining(?!), taking in local sights, and the odd beverage. First and foremost is the male-bonding and solving the world's problems.

This hockey weekend is something I look forward to each winter and "hats off" to the wives, as we all appreciate their understanding of how important this annual pilgrimage is to their husbands.

Until next month...Ed

*A very special thank you to Gord,
our Kind Snow-Blower Fairy
who keeps the driveway clear for
our Outlook Mailbox!*



EXTRA EXTRA!!!



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



Also at St. Agatha at Angies Kitchen, Fishers Gas, Stop 2 Shop, in Petersburg at Blue Moon, Old Fashioned Variety and Foxboro. Over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, Cooks Pharmacy, McDonalds, Kasemann's, Morningside, Absolute Fitness, Office Pro, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

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



Greetings from
Outlook Headquarters!

Brrrr... Yup, back to talking about the weather; why stop now when it seems to be the topic of conversation?! This is truly a Canadian winter, and how strange when a typical snowfall takes



Show of hands... who is tired of all this snow!?

on the urgency of a storm! Unlike the snowstorm in Georgia recently when they closed the schools because the children weren't able to dress for the occasion; at least we are prepared with abundant boots, hats, scarves, mitts, and winter worthy coats. However, as the days get longer we know that spring does come next month, and hopefully the sun will present itself to encourage us on. Recently, we were most fortunate to fly south for a week to soak up a few rays, but coming home to -20 degrees was a rude welcome back ... but the time away was glorious!

Upon our return, early the next morning I sat all cozy in my pj's with a warm cup of coffee while catching up with emails when there was an urgent knocking at my door. Without considering my personal appearance, I opened the door to find someone who also went south and was eager to share his photo of his recent trip. Yikes!! Suddenly I realized how brutal I looked, not to mention the debris still sitting

in my front hall from the late night luggage drop. So, I must say that as we publish the paper from home, we do not have specific office hours; I ask if you would please call ahead and make an appointment to visit so I can greet you with better manners than I believe I showed that morning. I do appreciate your enthusiasm about the paper and am happy to hear and see what you have to offer, but if your travels take you this way and timing is of urgency to you, please put your submissions in the Outlook mailbox which is provided next to our driveway. I trust you understand my situation.

I am happy to report that my skills with the new updated Publisher program continue to develop. Most of the tools I used are still there, (although somewhat altered), but just finding them has been the


challenge. To relate.. it feels like being in my own kitchen but with all my utensils in another room that I have to roam around to find when I need them—by the time I find them, I forget what I was doing...daaa, ok, that could be my age presenting that problem.

I hope you are all spoiled by your sweetie this Valentine's Day —my birthday is on the same day so Barry is on double-duty and never fails to treat me extra special!



Till next month... keep warm—hugs!!

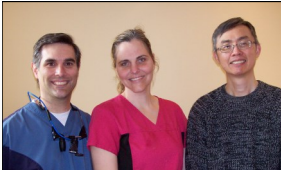
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NEW HAMBURG SKATING CLUB CELEBRATES 40 YEARS

This year, the New Hamburg Skating Club is proud to be celebrating its 40th year in this community. It is time to celebrate and we hope you can join us!!!

Come see the joy of skating at our bi-annual Carnival on March 29th, 2014. We don't want you to miss this event so we have scheduled two convenient show times at 1pm and at 6:30pm. Our skaters have been working hard on their skills all year and this is their chance to show them off and shine!

The NHSC prides itself on offering quality skating programs at affordable rates. Our coaches, executive, and dedicated volunteers pride themselves on being able to offer skating lessons to children in our community and give them opportunities to meet their skating goals. Whether you or your child want to learn to skate, improve skating skills, or to join the competitive ranks, the club has a program suited for everyone's ambition. From CanSkate to Power Skating to our STARSkate program, with 40 years of experience behind us, we are sure that you will have lots of fun skating with us!

Come celebrate with us and take a tour Over the Rainbow. See the children of our community skate with flying colours and show you their love of skating!

New Hamburg Skating Club
Proudly Presents...
"Over The Rainbow"
Celebrating our 40th Year
Saturday March 29th 2014

1 pm
6:30pm
Adults \$12
Children \$6
4 and under free

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Checking Out the Baden Branch Library



Come Read With Me Family Storytime!

An evening Family Storytime continues until Feb. 27. This program, recommended for children 3 to 7 years old with their parents and/or caregivers, is held Thursday evenings from 6:30 to 7:15 p.m. Read, play games, make a craft, and learn about literacy in fun ways! Drop in (no registration is required). It's free!

Forest of Reading

The Forest of Reading program celebrates books by Canadian authors and illustrators and encourages a love of reading. Each year 10 new books are chosen for each program by librarians and teachers. More than 250,000 children and adults across Canada get involved annually. Anyone can participate through their local public or school library.

Forest of Reading Books are available at all Region of Waterloo Library branches - Blue Spruce, Silver Birch, Red Maple and White Pine. Check out the library website to see the 2014 nominees for each specific list. Use the library catalogue to place holds on books you need or ask library staff for more assistance. Get involved and vote for your favourite!

March Break Entertainers

The Baden Branch Library will host Five the Magician on Tuesday, March 11 at 3 p.m. It's a magic show suitable for all ages!

The New Hamburg Branch Library (519-662-1112) will be hosting Erick Traplin on Tuesday, March 11 at 10:30 a.m. 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.

March Break Science Programs

Fun and free programs just for children! Registration is required due to space requirements.

Let's Talk Science – Dynamic Dinos (recommended for ages 4-6) on Wednesday, March 12 from 2:15 to 3 p.m. Children will make a fossil footprint to take home!

Let's Talk Science – Crime Lab (recommended for ages 10-12) on Wednesday, March 12 from 3:15 to 4:15 p.m. Children will work together to solve a mystery using chromatography, finger

printing and chemical analysis.

Spring Storytime

Registration for Spring Storytime programs will begin on Tuesday, March 11 for children new to a program and on Wednesday, March 12 for children returning to a program. (A returning child refers to a child who was in **the same registered** program in the immediate previous session. A new child refers to a child who is either registering for a program for the first time, or was not registered in a program in the immediate previous session at this branch.) Registration can be done in person, by phone or by email. More information is available at the branch or on our website at www.rwlibrary.ca.

Programs are designed to develop an appreciation of literacy in the early years:

Baby & Me – for parents and babies 0 to 11 months

Thursdays: 11 - 11:30 a.m. **OR** 11:45 a.m. - 12:15 p.m.
Songs, rhymes, and sensory activities!

Wonderful Ones – for parents and one-year-olds

Thursdays: 10:15-10:45 a.m.
Stories, songs, rhymes, and activities!

Toddler Tales – for parents and two-year-olds

Tuesdays: 10:15-10:45 a.m.
Stories, songs, rhymes, and activities!

Storytime - for children ages 3 to 5 on Tuesday OR Thursday mornings: 9:15-10 a.m. Stories, songs, games, and crafts!

All programs begin the week of April 1, 2014 and run for eight weeks. Programs are free and space is limited.

RWL Online Goodread's Book Club

The Region of Waterloo Library is now hosting its very first online book club. Visit www.goodreads.com and create a free account. Once you have your free Goodreads account, search for the Region of Waterloo Library group, and then add the group to join.

Questions? Contact the library at: 519-634-8933, badenlib@regionofwaterloo.ca or visit www.rwlibrary.ca
*Chris Baechler, Assistant Supervisor
Baden Branch—Region of Waterloo Library*

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Baden ~ Our Town

The Baden Community Association had some special guests at their January meeting. Lacey Smith and four of the YAC (Youth Action Council) members attended the meeting to discuss ways that the two groups can work together for the good of the community. These youth are our future so their input and involvement is valuable! YAC will be helping the BCA with two of their events—the upcoming family day event and the annual Corn Festival this August 9th.

You'll see the BCA at the Wilmot Rec Centre on Family Day, February 17th as they provide free swimming from 1 to 4, and a free skate 12:30 to 2:15. (The township has offered free swimming and skating, and the BCA purchased some extra time to lengthen the swim/skate event). Upstairs, free snacks and drinks will be available courtesy of the BCA and YAC. There will also be a free digital family photo that will be e-mailed to your home account. The Action Council will have the Youth Centre open for kids games.

The BCA meets the last Wednesday of each month and we welcome you to join anytime—get involved in your community!



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their weight may crush you... Instead place
them beneath your feet
and use them as a
platform to view
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CORRECTION: PLEASE NOTE THAT SHROVE TUESDAY IS ON MARCH 4TH, NOT FEBRUARY 4TH—AS WAS INDICATED IN THE OUTLOOK CALENDAR .

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Living Well Festival - April 25th and 26th at the Wilmot Recreation Complex



The seventh annual "Living Well Festival" will be held this year on Friday and Saturday, April 25th and 26th, at the Wilmot Recreation Complex. This year's theme is "Made in Wilmot". The Wilmot Healthy Communities Coalition hosts the event each year with the focus on having FREE intergenerational events.

The event begins with the Read Well Day on Friday 25th presented by the Region of Waterloo Library, beginning at 9:30 a.m. Children of all ages can participate with educational, fun activities that focus on the entire family, featuring a Children's Reading Area Drop-in and a variety of storytimes with a focus on Numerical Literacy. Participate in a variety of programs by local guests!

Moving into the evening, there will be a Family Roller Skating event. Skate rentals are free so everyone will be able to join in the fun. You are welcome to use roller blades; 16 years of age and under must wear a helmet.

The popular Coffee House – hosted by John Wiebe — will be open through the evening, where many local musicians entertain the happy listeners. The evening is always a popular event for families and young adults alike. Please contact us now if you want to participate as a musician at the coffee house. We will be glad to add you to our list of entertainers.

Saturday events will include the Community Corner with displays

by local businesses, organizations and groups. We are asking the exhibitors whether they are "old" or "new" to Wilmot for some history to go with this year's theme "Made in Wilmot". This is a no-sale zone, so it is a great way to explore what Wilmot Township has to offer. The Community Corner runs from 10 a.m. to 1:30 p.m. Please contact us now if you want to display at our festival; we want you to show the community what you are passionate about.

The Community Chase will run from 11:30 a.m. to 12:30 p.m. The Community Chase is an adventure that requires participants to exhibit teamwork, resourcefulness, and determination as they search for Chase Points scattered throughout the Wilmot Recreation Complex. Chase Points are designed to test teams with a variety of challenges. To conquer this community event, teams will navigate their way throughout the Wilmot Recreation Complex and complete Chase Points by collecting stamps on their team's Challenge Card as they go. The first few teams to complete the required number of Chase Points and cross the finish line WIN. Please contact us now if you would like to be the host of a Chase Point, or if you would like to add a team.

To close out the day, a free community barbeque sponsored by the Township of Wilmot will be cooked and served by your Wilmot Township council. They are very good cooks! For more information please call 519-588-5916, email whcc.nh@gmail.com or visit our website.



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You Must Be Joking!!



Thank goodness there's a name for this disorder.
Age-Activated Attention Deficit Disorder.

This is how it manifests:

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing. As I start toward the garage, I notice mail on the porch table that I brought up from the mail box earlier. I decide to go through the mail before I wash the car.

I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full. So, I decide to put the bills back on the table and take out the garbage first...

But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first. I take my cheque book off the table, and see that there is only one cheque left. My extra cheques are in my desk in the study, so I go inside the house to my desk where I find the can of Pepsi I'd been drinking.

I'm going to look for my cheques, but first I need to push the Pepsi aside so that I don't accidentally knock it over. The Pepsi is getting warm, and I decide to put it in the refrigerator to keep it cold. As I head toward the kitchen with the Pepsi, a vase of flowers on the counter catches my eye--they need water. I put the Pepsi on the counter and discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, but first I'm going to water the flowers. I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table. I realize that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers. I pour some water in the flowers, but quite a bit of it spills on the floor.

So, I set the remote back on the table, get some towels and wipe up the spill. Then, I head down the hall trying to remember what I was planning to do.

At the end of the day:
the car isn't washed, the bills aren't paid, there is a warm can of Pepsi sitting on the counter, the flowers don't have enough water, there is still only 1 cheque in my cheque book, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys. Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day, and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail....

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Men's Black Track Pants - \$20

>> Going south? We still have some golf shirts and shorts for both men and ladies, and 2 pc bathing suits for ladies

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Sat. 9 a.m. - 5 p.m., Sunday 12 p.m. - 4 pm

You Must Be Joking!!



WARNING!! DO NOT wash your hair in the shower!! It's so good to finally get a health warning that is useful!!!

IT INVOLVES THE SHAMPOO WHEN IT RUNS DOWN YOUR BODY WHEN YOU SHOWER WITH IT. I don't know WHY I didn't figure this out sooner! I use shampoo in the shower! When I wash my hair, the shampoo runs down my whole body, and printed very clearly on the shampoo label is this warning: "FOR EXTRA BODY AND VOLUME."



No wonder I've been gaining weight! Well! I got rid of that shampoo and I'm showering with Dawn Dishwashing Soap.

It's label reads, "DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE."



Problem solved! If I don't answer the phone, I'll be in the shower!



This Family Day, get outside and create some fun snow art, and send us a picture so we can show off your talent!

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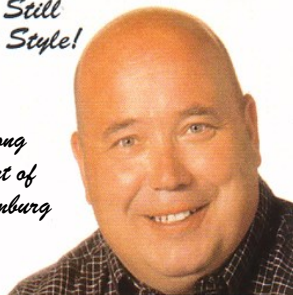
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Kids Art Days with Cheryl

Join full time mixed media artist Cheryl Weber
Good to explore art in a non-judgement atmosphere. For March Break this year your kids can come on a day basis instead of signing up for the entire week as in the summer.

There are only a few spaces so that the group is small, with room for individual interest projects to work on. "I treat the kids like we're all artists: finding inspiration, learning techniques, experimenting, and following whims. I set up supplies, books, and challenges to stimulate creativity, then follow and support where they want to go.

We had such a fun time last camp!!!!
-includes materials except for special projects
-bring a lunch and old clothes and shoes that can get painty or farm dirty.

Week long relaxed playful Summer Kids Art Camps are on the horizon.

For more information and registration, contact Cheryl 519 634 5503 cheryl@writehand.ca



2014 Soccer Season ONLINE REGISTRATION

Please visit our website for more information and to register
www.wilmotsoccer.com
(in person registration will not be offered this year)

Space is limited, REGISTER NOW!

Please NOTE:
Registration Fees increase as of March 1

Coaching Applications
are also available on our website



WILMOT FAMILY RESOURCE CENTRE



Youth Programs

All of our youth programming is for youth from grades 6 to 12.

Our programs are youth driven.

We want youth to let us know what they would like to see happening for them in their community.

GIRL'S NIGHT:

This is a new program just for girls. Our goal is to provide a safe, inclusive environment for girls to nurture their self-esteem while having fun and building relationships with peers. A light meal will be included in the evening as well as popcorn -movie nights, spa nights, board games, video games, ping pong, music and more.. Come out and let us know what kinds of things you would like to see happen!

Tuesdays at WFRC (175 Waterloo St. NH) - 5pm to 8pm.
-\$2. admission

WFRC YOUTH DROP-IN:

Come out and enjoy a variety of activities ... floor hockey, badminton, volleyball, basketball.. Board games, small tuck shop and more ..

Wednesdays in BADEN at Baden Public School gym—
6:30pm to 8:30pm –admission \$1.

(This is a new initiative beginning Jan. 22/14)

Thursdays in NEW HAMBURG at Forest Glen PS gym—
6:30pm to 8:30pm — admission \$1.

WILMOT REC. COMPLEX YOUTH ROOM:

OPEN— Fridays from 5pm to 10pm

Saturdays from noon to 5pm

Lots of activities to drop-in and take part in: Air hockey, pool, ping pong, Play Station, Movie nights, board games and more..

Questions?? Please do not hesitate to call 519-662-2731 x210 or email cr4wfrc@bellnet.ca



Wilmot Family
Resource Centre Inc.



www.wilmotfamilyresourcecentre.ca

Castle Kilbride



March Break for Families at Castle Kilbride

Looking for something to do with your children during March Break? Stop in at Castle Kilbride for a tour and activities planned for each afternoon.

Tuesday – I Spy Tour

Wednesday- Fun Facts about Flax

Thursday- Tons of Toys

Friday- Victorian Etiquette

Tuesday – Sunday 1 p.m. – 4 p.m.

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For more info call 519-634-8444 or
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LookOut Kids' Korner

SNOW PICS

It's time to turn all this snow into a creative piece of art. It could be a very original snowman or even a creature, or



your name—think outside of the box. Don't let winter pass you by without building something fun in your yard....and email us a picture (or call us to take pic) for the next issue.

It's been so cold outside...

- * I saw a snowman breaking into a house.
- * Teenagers have pulled their pants up
- * Opticians are giving ice scrapers with every pair of glasses!
- * The ice cubes in my drink have goose bumps
- * Mommy almost turned into a mummy!

Brrrr... This is truly a Canadian winter — one that your parents and grandparents may recall from their childhood. Want to know more? Check out these winter trivia questions.

1. What is the difference between sleet, hail, and freezing rain?
2. True or False. It must be 32°F or colder for it to snow.
3. On the average, one inch of rain is equivalent to how many inches of snow?
4. We have had extreme cold temperatures recently in Baden, but do you know where the coldest temperature ever recorded has been?
5. Why does it snow and what makes it form?
6. What is a sundog?
7. Are igloos warm enough to live in?

Answers below...

1. Hail is a chunk of ice dropped from a thunderstorm. Sleet is frozen rain. Freezing rain is liquid rain that freezes to a surface such as the road or a tree. False. It has been known to snow with temperatures in the mid 40s. Temperatures are below 32°F up in the clouds where the snow is forming.
2. 10 inches of snow melts down to about an inch of liquid rain.
3. The coldest temperature ever recorded in Canada was -63 °C (-81.4 F) in Snag, Yukon, February 3, 1947.
4. Snow forms when water vapor in the atmosphere freezes into ice crystals.
5. A sundog is a solar phenomenon produced by refraction of light through ice crystals. When the sun is near the horizon, a sundog would appear as brightly colored spots on either side of the sun, similar to that of a rainbow.
7. Yes! Snow is used because the air pockets trapped in it make it an insulator. On the outside, temperatures may be as low as -45 °C (-49 °F), but on the inside the temperature may range from -7 °C (19 °F) to 16 °C (61 °F) when warmed by body heat alone.



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UNDERSTANDING A "PINCHED NERVE" IN THE NECK

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

About two-thirds of people will experience neck pain at some point in their lives. Occasionally, neck pain can spread to involve other structures such as the upper back, shoulder, and arm regions. Pain in these regions is often dismissed simply as muscle pain. However, a "pinched nerve" originating from the neck can radiate pain to these nearby anatomical sites and be a significant source of discomfort.

The "cervical spine" is the medical name given to the region of the neck. Nerve roots originate from the cervical spine on each side. These nerves send off various branches that travel to distinct regions in the upper back and arms to supply strength to muscles and provide sensation/feeling. The term "pinched nerve" is often used to describe a mechanical and/or inflammatory irritation directly affecting any component of the nerve root(s) in the neck/cervical spine.

A "pinched nerve" in the neck can cause symptoms almost anywhere along the nerve pathway. This may result in neck symptoms only, and/or symptoms that radiate into the chest, upper back, shoulder, arm, hand and finger regions. The symptoms can vary widely and may include: a cramping or achy feeling, tightness, burning or a sharp electric shock sensation, numbness, tingling, and arm muscle weakness. The symptoms may start gradually and intensify over time. Activities such as movement of the neck or shoulder, prolonged sitting or laying down, lifting, and even coughing or sneezing may aggravate the symptoms.

Below is a brief summary of three common causes of a "pinched nerve" in the neck:

1. Spinal disc herniation/bulge – Spinal discs separate and cushion cervical vertebra. Repetitive and cumulative loads or a heavy single load has the potential to cause a disc bulge or herniation, thereby causing a mechanical and/or inflammatory irritation of the nerve root(s). This most commonly occurs in adults aged 20-50.
2. Degeneration and Osteoarthritis – The normal aging process causes cervical disc degeneration and osteoarthritis of the cervical joints. The consequence of these processes is that mechanical irritation from bony spurs on the vertebrae along with inflammation can cause irritation of the nerve root(s). This most commonly occurs in adults over 50.
3. Cervical spinal stenosis – This condition may cause "pinched nerve" symptoms due to narrowing of the spinal canal and/or nerve pathways, which puts pressure on the nerve root(s) or spinal cord. This most commonly occurs in adults over 60. It is usually secondary to degeneration and osteoarthritis.

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Other causes of a "pinched nerve" in the neck include: direct irritation of nerve tissue by overlying muscles; direct trauma or injury to the nerve root(s); and mechanical changes in the neck associated with poor postural habits (i.e. head poking forward in the sitting position). Some common causes of symptoms that act like a "pinched nerve" in the neck include muscular trigger points, ligament sprains and arthritic joints from the neck, upper back, and shoulder regions.

Treatment for a "pinched nerve" in the neck will often be different depending on the underlying cause of the symptoms. Therefore, it is important to obtain an accurate diagnosis. A proper medical history, along with physical examination consisting of range of motion, strength, neurological and orthopaedic testing, as well as diagnostic imaging (if necessary) should be performed to aid in the diagnosis. It is extremely important to rule out rare causes of "pinched nerve" symptoms such as spinal tumors, fractures and infections. Disorders of the esophagus, trachea (windpipe), heart and thyroid can cause symptoms that overlap with those of a "pinched nerve" in the neck. These potential causes require appropriate medical referral when applicable.

There are natural and conservative treatment options available for those suffering from a "pinched nerve" in the neck. These may include: mechanical traction, spinal manipulation and mobilization, soft tissue techniques, acupuncture, ice/heat application, electrotherapy, activity modification, postural education, and rehabilitative exercise. A qualified health professional can determine the cause of your symptoms and prescribe appropriate therapy and rehabilitation strategies specifically for your circumstance. 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.

10 Ideas for Valentine's Day

To be done with your special someone, on your own, or with your BFF. You don't need a big pocket book to make your sweetie feel special. Keep it fun and not too serious!



- ♥ **Bake something.** There are some delicious and adorable ideas online for fun Valentine's special treats. Personally, I go for the cute cupcakes, or chocolate covered berries. Bake with a friend and surprise your sweetie, or take the time to do your baking together as your event for the 14th.
- ♥ **Go skating.** It's so cute to see two people skating together, hand in hand. There are rinks all around the region that have public skating hours, or are entirely free, including Kitchener City Hall, and Waterloo Town Square.
- ♥ **Go sledding.** And while you're at it, have a good, old-fashioned snowball fight. It reminds you to enjoy winter (since it's clearly here to stay).
- ♥ **Pull out some old photos** and take a trip down memory lane together. Remember when you first met? What did she wear to your cousin's wedding in the 80s? What about your first apartment? You'll end up laughing and telling stories together for most of the night.
- ♥ **Relive your first date.** Did you go to the movies and then out to A & W? Rent that old flick, bring home some burgers, and reminisce on how your tastes have changed.
- ♥ **Make something.** My husband made me origami roses for our first Valentine's together (talk about a unique idea!). I still have them. A friend made an LED sign programmed with I LOVE YOU on it. Think unique. What are your skills?
- ♥ **Think you know each other's tastes well?** Go to a self-serve frozen yogurt place (or some similar concept). Serve and top the yogurt for your partner, and see how well you did.
- ♥ **Window shop.** Go out knowing that you will not be buying anything, just checking out things that interest you both. This is also fun with house shopping way out of your budget.
- ♥ **Plan a trip or weekend getaway together.** True, the trip will cost you a lot, but planning is half the fun. Even if you spend your Valentine's planning your summer vacation, you'll have spent the time together, and had fun doing it. And you have the bonus of looking forward to your planned event.
- ♥ **Double date with your grandparents,** or an older couple in your life. Hear their stories, take in their wisdom, ask their advice. Love is about forever; there is no better way to plan for forever, and believe in forever than learning from those who know all about it.



Submitted by A.S. Compton



Jack loves to frolic in the snow, and although we have tried to keep his path shoveled, he sits and ponders his winter wonderland.

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Baden Outlook Hockey Pool Stats

ADULTS			KIDS		
Place	Name	PTS	Place	Name	PTS
1	Jim Gilbey	638	1	Aiden Heinbuch	608
2	Bob Good	618	2	Meghan Mueller	596
3	Tim Gowland	611	3	Taylor Naumann	588
4	Daniel Jutzi	610	T4	Kaden Eichler	585
5	Karianne Jokic	609	T4	Brayden Gingerich	585
6	Janice Gingerich	604	6	Whitey Moore	584
7	Tracey Mino	602	T7	Daniel Kreller	574
8	Brittney Snyder	599	T7	Myla Blackshaw	574
T9	Arlene Naumann	598	9	Nate Gardner	572
T9	Joel Egerdee	598	10	Carter Girodat	565
T9	Dave Miles	598	11	Tate Brenner	561
12	Bruno Egli	596	12	Alyssa Gingerich	560
T13	Gerrie Culbert	595	T13	PC Moore	559
T13	Trevor Shantz	595	T13	Kaidan Peoples	559
15	Brady Schmidt	594	15	Owen Kunkel	558
16	Jim Van Every	593	16	LaShaelyn Faulkner	557
17	Jared Shantz	592	17	Kodi Blackshaw	556
18	Kimstress	589	T18	Allie Gardner	553
T19	Lajos Guta	588	T18	William Austin	553
T19	Steve Jokic	588	T20	Rowan Dibben	551
T21	David Kleine	584	T20	Paige Naumann	551
T21	Joyce Leis	584	T20	Payton Egli	551
T21	Bonnie	584	T23	Ben Habel	550
T24	Hollywood Moore	583	T23	Jaimie Usher	550
T24	Kristen Struth	583	T25	Tyson Lobo	548
26	Don Culbert	582	T25	Benjamin Goodyear	548
27	Geoff Stumpf	580	T25	Erin Rooney	548
28	Deb Vinski	578	28	Luke Bennett	547
T29	Baden Brawler	577	29	Brooklynn Hill	545
T29	Bill Lovell	577	30	Tanner Schwartzentruber	544
T29	Rick Miles	577	31	Brielle Dibben	541
T32	Eric Wagner	576	32	Dominik Struth	540
T32	Lindsay Snyder	576	T33	Carter Alderson	535
34	Trudy Roth	575	T33	Aislynn Giddons	535
35	Deanna Carney	574	T35	Matthew Goodyear	534
T36	Cassidy Wagler	573	T35	Tyson Ruston	534
T36	Greg Naumann	573	T35	Melanie Austin	534
T36	Michelle Ruston	573	38	Jordyn Ertel	533
T36	Michelle Naumann	573	39	Aiden Kropf	532
T40	Susan Honderich	572	T40	Calli Storer	530




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

The leader of this month's Kids Hockey Pool is Meghan Mueller winning a gift certificate from Riverside Lanes.

(remember Jim, Bob, Tim, and Aiden – you can only win the monthly leader prize once)



The lucky random draw winner is Denise Routhier winning a Baden Outlook sweater.



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Sometimes I need to wine a little... it helps me feel better!



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



Toronto Maple Leafs vs Montreal Canadiens



Once upon a time long, long, ago there was a season when neither the Leafs nor the Canadiens made the post season playoffs. It seemed so unusual, that the management of both teams got together and decided that there should be some sort of competition between the two teams because of their great rivalry. So, they decided on a week long ice fishing competition. The team that catches the most fish at the end of the week wins.

So on a cold northern Ontario lake they began their contest. The first day after 8 hours of fishing the Canadiens had caught 100 fish and the Leafs had 0. At the end of the 2nd day the Canadiens had caught 200 fish and the Leafs 0.

That evening the Leafs' coach got his team together and said, "I suspect some kind of cheating is taking place." So the next morning he dressed one of his players in Canadien colours and sent him over to their camp to act as a spy.

At the end of the day he came back to report to the coach. The coach asked, "Well, how about it, are they cheating?" "They sure are", the player reported. "They're cutting holes in the ice."



Submitted by Larry Boshart

Splash Pad Receives \$17,000 from Kitchener and Waterloo Community Foundation.



On January 23rd, Kitchener and Waterloo Community Foundation announced they will donate \$17,000 to the Wilmot Splash Pad. "We are thrilled to see a Splash Pad being built in this community. It will be used as a place to meet, bring people together, and build community," said Rosemary Smith the CEO of the Kitchener and Waterloo Community Foundation. Mayor Les Armstrong added that the construction of the splash pad will commence in the summer and be ready for opening the next spring. In the photo are Splash Pad Committee Chair Angie Hallman, Rosemary Smith the CEO of the Kitchener and Waterloo Community Foundation, Vance Hallman, Mayor Les Armstrong, and Splash Pad Committee Member Toni Peter.



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New Hamburg Firebirds Hockey League Playoff Schedule

Check out the schedule for their series with Tavistock. Currently New Hamburg leads the series, 2-1.



Game 4. Friday February 14th in Tavistock - 7:30 pm.
If necessary

Game 5. Saturday February 15th in New Hamburg - 7:30 pm

Game 6. Sunday February 16th in Tavistock - 8:00 pm

Game 7. Monday February 17th in New Hamburg - 7:30 pm

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History of Valentine's Day

In the language of St. Valentine, a red heart symbolizes a holiday of love and romance. During the Victorian era, exchanging valentine cards reached their peak between 1840 and 1860. Hand painted motifs such as birds, cupids, or flowers were used along with satin, silk, or lace on the cards. Handmade valentines were plentiful and were considered a piece of art. Often the handwriting was just as much a thing of beauty. Victorians romanticized love (tragedy too, of course) and despite their strict moral code and rules of etiquette, they truly valued courtship. During this era, over 80 books of etiquette were written so Victorians could learn how to conduct themselves in all social situations.

When it came to dating, Victorian courtship was considered more a career move than a romantic interlude; therefore, courtship was taken very seriously by both men and women. It was put into effect to keep young women pure and young men, well, confused.

Here are a few points of etiquette that perhaps could still be beneficial in today's society:

- * When introduced to a man, a true gentleman would tip his hat to greet a woman, open doors for her and always walk on the outside.
- * Victorian dates were almost always supervised in some way. Young Victorian women were chaperoned to ensure nothing "improper" occurred.
- * Proper women never rode alone in a closed carriage with a man.
- * Proper women never fixed their appearance (hair or make-up) in public.
- * Conversation between men and women is not to talk continually, but to listen and speak in turn. No impure conversations were held in front of single women.
- * Proper women would never call upon an unmarried gentleman at his place of residence.
- * When chaperoned to a dance, to dance more than three times with the same partner was considered forward and improper.
- * Young ladies are warned not to be too liberal in their

Tracy Loch ~
(Curator/Director, Castle Kilbride)

Valentine Day Card to J.P. Livingston
from his wife Laura (Holwell) Feb 14, 1932



display of "charms." Meekness and modesty are considered beautiful virtues.

It wasn't always so strict for women during this era though. A woman was allowed some liberties during this time when it came to courtship. She could flirt with her fan, as this behaviour was within the protocol of accepted rules of etiquette.



*Victorian fan from collection of Castle Kilbride.

This is what different fan signals meant:

- ♥ Fan fast--I am independent
- ♥ Fan slow--I am listening to you
- ♥ Fan with right hand in front of face--Come on
- ♥ Fan with left hand in front of face--Leave me
- ♥ Fan open and shut--Kiss me
- ♥ Fan open wide--Love
- ♥ Fan half open--Friendship
- ♥ Fan shut--Hate
- ♥ Fan swinging--Can I see you home?

For Valentine's Day in the Victoria era, it was considered improper for a lady to send a valentine greeting to a man. Despite strict rules, there was true romance and love during this era. For museums and archives like Castle Kilbride, we are fortunate to have samples of heart-rending verses and flowery cards from the Livingston family that have lasted through the ages for us to display and ponder. Perhaps it was these very constraints and rules that made true love all the more special to those who found it? Lucky were the ones who found love within their class, and within the approval of their families. During this era, even those marriages that did not begin with love often ended in a deep, endearing attachment that would be envied by many.

For this lighthearted holiday when people express feelings of affection, friendship and love — Happy Valentine's day!



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Baden Birding

By Dave Rogalsky



A few months ago I promised another article about an invasive bird species in North America. Like the Eurasian or English House Sparrow, the starling was brought to North America because it is mentioned in a Shakespearean play. In *Henry IV, Part 1*, the character Hotspur is contemplating driving King Henry

nuts by having a starling repeat the name of Hotspur's brother-in-law Mortimer, whom Henry refuses to ransom out of prisoner status. "Nay, I'll have a starling shall be taught to speak nothing but 'Mortimer,'" Hotspur whines. In the 1890s the American Acclimatization Society, and in particular member Eugene Schieffelin, released 100 pairs of starlings in New York City. By 1950 they had spread all over North America and by 2008 it was estimated that there are 200 million starlings in North America.

Starlings are able mimics and are related to the Myna bird which can repeat many words and sounds. Flocks of starlings in downtown London, England have learned to mimic car alarms and fly or sit in flocks making the sounds of the horns. Starlings eat insects and fruit and have pushed many populations of native North American birds into smaller numbers. Starlings eat grubs and other insects just under the ground, stabbing their beaks in and opening them to grab their lunch. Though the common starling, the species here, isn't the loveliest of the bunch, it does sport iridescent feathers and have a wide variety of calls and sounds. Since they stay around all winter you can hear them with their wheezes, whistles, pops, and whirrs as you walk in the winter wonderland.

One amazing thing about starlings is called a murmuration. In it, a flock of many hundreds of birds seems to act as if it has one mind. The flock shifts seemingly as a whole in this direction or that, the shape of the group constantly changing but without any one individual out of sync. You can see this to a lesser extent with mixed flocks of black birds (which often include starlings, red wings, and common black birds) around here in the fall. Go to <http://www.youtube.com/watch?v=4LDtvU8kymg> to see a murmuration. Scientists have figured out that instead of one mind controlling the whole, each bird flies relative to its immediate neighbours. One bird changes and many birds change very, very quickly. The scientists are using this to think about how to control many objects at once, without having to directly control all of them at once.

Yes, starlings are an invasive species but they're here to stay and we might as well enjoy the gifts they bring.

What have you been seeing lately?

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Having a laundry routine helps make doing laundry much more efficient. There are different options:

- wash certain items on certain days - towels one day, whites another, jeans & darks another
- one load a day - quantities never become unmanageable.
- Heart of the Matter suggests having certain days of the week for laundry and then only washing on those days. Determine on the set days to get through as much as possible. This plan allows you days off - so you don't feel like you are constantly doing laundry.

One client told us her method years ago, and we have passed it along to many busy moms. They love it!! Consider washing each person's laundry in a separate load. Don't worry about sorting by colour. This way it goes into the wash together, comes out of the dryer together, goes back into the basket together, and gets returned to the owner's room together. Time is saved on sorting and is quick and easy to put away! Obviously, certain dressy items would be excluded from the load.

It is very important for family members to have a laundry basket in their own room. In fact we suggest having two stacked together. When the top one is removed and taken to the laundry room, then there is still one in place to receive dirty wash.

The basic key to keeping up with laundry is to not have too many clothes in circulation. This is especially true for children. Decide on a reasonable number of pants, T-shirts, etc. to have for each child. If you have trouble discerning these numbers, ask an organized friend what she does for her children. If you have too many clothes in circulation, then you tend to wait too long between laundry loads. If you run on the lean side then you are forced to keep up! Once you form this new habit, we think you will find that you like it. As your children approach the age that they can start being responsible for parts of the process themselves, you will already have this good manageable habit in place.

Tips to simplify the laundry process:

1. Purchase all white washcloths, hand towels and bath towels. These can be washed together in one load with a small amount of bleach.
2. Teach kids from little on up to take part in the laundry process. Even very young children are able to put dirty clothes in the hamper, or put clean clothing away into drawers.
3. Buy each member of the family his or her own brand (or colour) of socks and underwear. This helps sorting and matching.
4. Give family members their own mesh bags to put their socks/underwear inside for washing and keeping separate.
5. Teach kids from a young age how to check their clothes when they take them off to decide if they need to go in the wash. Many clothes can be worn more than once before they need to be tossed in the hamper. Have hooks in bedroom closets where pyjamas and comfy/play clothes can be hung up. It is much easier than having to fold and return to drawers between wearings.

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Eat Well ~

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



Taking Care of Your Heart



February is Heart Month: heart disease awareness month, heart and stroke month and Valentine's Day. What better time to talk about taking care of our heart? Our heart is obviously critical to our health and daily survival; if it were to stop beating, we too would stop functioning, so I can't over-emphasize the importance of taking care of this critical organ in our body. The heart is a pump. Similar to your home's sump-pump during a big rain storm, it needs to be functioning optimally in order to prevent a basement flood. Let's say there was a power failure during that rain storm and your sump pump could no longer function; well that is exactly what happens during a heart attack; your body's electrical system malfunctions and cardiac arrest ensues. So how do we protect our hearts from an electrical malfunction? I have a few simple tips:

1. **Love Yourself!** Your mind is more powerful than you may realize. I am presently reading a book entitled "Mind over Medicine" written by Dr. Lissa Rankin, M.D. It is a fascinating book detailing her journey through the scientific journals trying to find answers to why some people who have been diagnosed with life-threatening diseases experience spontaneous healing. It is a wonderful read and I highly recommend it to anyone interested in the mind-body connection. The importance of loving ourselves first cannot be discounted when it comes to improving or maintaining optimal health.
2. **Proper Nutritional Support!** There are certain nutrients that are critical for heart health and they include Omega 3 fatty acids, optimizing your vitamin D levels, Magnesium, Garlic, and B-vitamins. We also know that CoQ10, Hawthorn and Quercetin are very beneficial at converting food to energy, so if you feel like you are having a power shortage (lack of energy), these natural supplements work synergistically to support your body and protect you from "electrical malfunction."
3. **Exercise!** 30 minutes of daily exercise will help to keep your heart, lungs, and cardiovascular system strong. During the cold winter months when walking outside may be hazardous, you can choose walking an indoor track, mall walking, using a treadmill or join a gym. Remember Sir Isaac Newton's Law; a body in motion tends to stay in motion, a body at rest, tends to stay at rest. Be active, everyday!

Implementing these three simple strategies will help to strengthen your heart and keep it pumping for a long time.

Heather McKague-Bandl

ROHP, RNCP, Orthomolecular Nutritionist

Baden, ON N3A 4M8

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



Gena, Mark, and Meghan Drummond took their Outlook to the Tampa Bay Forum to watch the Canadiens vs the Lightning and cheered their Habs on to a win!



L-R: Keith Norris, John Musselman, Manny Cardoso, John Shantz, Paul McKay, Greg McKay, Martin Kelder, Andy Norris and Bryan Woolner took their Outlook on an adventure ride to Milwaukee, Wisconsin in August to celebrate the 110th Anniversary of Harley-Davidson.



Tim Hehn and Jim Vasey toast the loungers Dannon Vasey and Ben Howes as they relax with their Baden Outlook while on vacation in Punta Cana.



Irvin Riest, Mahlon Gingerich, and Larry Wagler took their Baden Outlook on a mission trip to Haiti ~ see the story on page 32.



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

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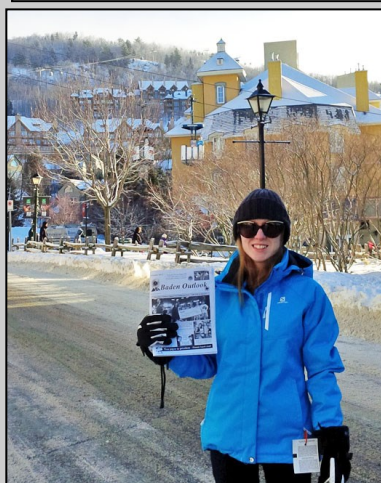
Zachary, Denise, and Luke Bennett of Baden took their Outlook to Montego Bay, Jamaica for a winter getaway!



Jane Eichler took the Baden Outlook to the Keith Urban concert and the Fairmont Royal York Hotel in Toronto with her fabulous daughters, Amy and Tracy!



Wayne and Sharon from Orillia enjoyed the Baden Outlook in Punta Cana, where they found new friends at their favourite spot at the Martini Bar.



Seen is Stacey Gerber who travelled with Chris Fernandes and her Baden Outlook to Mont Tremblant in Quebec to go skiing and enjoy a break after school!



Larry, Pam, Stephanie, Andrew, Christopher, and Jennifer Young spent a great week at the Royal Decameron Los Cabos in San Jose del Cabo, Mexico. We took the Baden Outlook with us on a Baja Buggy tour through the desert canyons.



Eric Whittaker and his Bevy of Beauties took their Baden Outlook to Riverside Lanes for the Annual Optimist Club Bowling Tournament this past weekend. Says Whittaker, "Bob Barker's got nothin' on me!"



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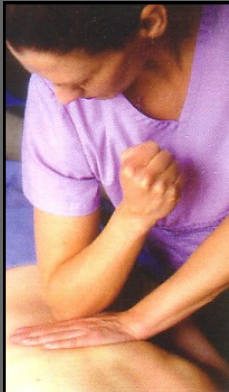
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Cathy Cook's Corner

Chocolate Anyone?

By Heather McKague-Bandl, ROHP, RNCP



Who doesn't love a good piece of chocolate now and again? It is almost therapeutic the way chocolate can improve our mood, energy, satisfy that sweet tooth, and finish off a meal to perfection. Chocolate, however, can help to build you up, or tear you down. What do I mean by this? I am talking on a cellular level. Some forms of chocolate are highly nutritious and help to feed your body and provide an amazing source of anti-oxidants to support your body and help combat the onslaught of free radicals we face every day. Other forms of chocolate are highly acidic and deplete the nutrients in our body by needing to be metabolized.

So what is the difference you may ask? Essentially there are two forms of chocolate that we can choose from; Milk Chocolate, which is highly processed with all the nutritional content destroyed, containing large quantities of saturated fat and sugar, devoid of any health benefits; and Dark

Chocolate (70% or higher cocoa) which is an excellent source of fiber, iron, magnesium, copper, and manganese. The compounds in dark chocolate can also improve blood flow in the arteries, decrease blood pressure and possibly lower the risk of cardiovascular disease. Dark chocolate is a power house of nutrition; however, you need to consume in very small amounts as it still contains mostly saturated fats and moderate amounts of sugar.

The bottom line is that cocoa can provide powerful health benefits, but this doesn't mean people should consume chocolate every day. Choose quality, organic, dark chocolate with 70% or higher cocoa content for maximum nutritional intake and eat a small amount at a time.

Cathy's Decadent Chocolate Bars

- 1 cup peanut butter
- 2/3 cup honey
- 1/2 cup coconut oil (no substitutes)
- 2 cups large flake oats
- 1 cup dark chocolate chips
- 3/4 cup dried cranberries or cherries

Melt first 3 ingredients together, remove from heat. Add chips and stir to melt, add oats and fruit. Pour into parchment lined 9 X 13 pan and refrigerate 1 hours and cut into bars. Store in fridge.

Cathy's Sweet Cheater Chocolate Pudding

- 1/2 avocado
- 3 tbsp nut butter of choice
- 1/4 cup almond or coconut milk
- 2 heaping tbsp cocoa
- 1/2 tsp vanilla
- 2 tbsp brown sugar or sweetener of choice
- 1/2 scoop chocolate protein pwd (optional)
- Pinch salt
- Mix all in bullet or blender

Q & A

Dear Dr. Danby, N.D.:

Why do I suffer from poor digestion?

Poor eating habits could be the culprit. Also consider other factors that affect digestion like smoking, alcohol, environmental toxins, lack of dietary fiber, high stress, prescription and over-the counter medications, and your genetic make-up. Even when your spine is out of alignment that can contribute to your poor digestion.

Suboptimal digestion can be responsible for conditions ranging from fibromyalgia and chronic fatigue to arthritis, asthma, and skin conditions like psoriasis. Improving digestion is a critical component in restoring health and preventing disease.

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Taking the Time to Understand Your Personal Finances May be The Secret to Your Success

As we look ahead to 2014 and see the many ads for RRSPs and TFSAs, we think again of our 2013 resolutions. Did we make any changes in our financial lives? Has our financial situation become better, worse, or the same?

Why do people procrastinate? The answer is prioritizing. In today's world, we have too much to do and way too many options. For the younger family, we are busy running the kids to hockey, soccer or swimming. I see this even with my teenage children who have so many options and are constantly re-prioritizing their schedules.

How do we sort through the options? First of all – start small. Sit with your spouse over a glass of wine and look at your T4 slips. How much money did you earn in 2013? Take the net amount after taxes and deductions. How much was your “take-home pay” per month? Next – think of all your expenses (take a quick look at the last couple of months of your bank statements). Add up all the outflows that you have little or no control over (mortgage, insurance, taxes, utilities, loan payments). Let's call these “working capital”. Now look at the emotional purchases (food, travel, sports, extra activities). Yes – food can be an emotional purchase. Be honest with yourself. Look at all the expenses – even the smaller ones. They all eat into your “take-home pay”. Keep in mind there is no right or wrong spending. It is just “your” spending and it is perfectly alright to have your daily cappuccino for \$5.00. As long as you know where your

money is going, you can spend it as you wish.

Here is the trick: the total emotional purchases “active capital” should be between 20-40% of your take-home pay maximum. This would leave 60-80% for the working capital group – the things that get you ahead financially.

By controlling the active capital expenses, you will have more room for working capital expenses. Now, you want to add more items in the working capital category – ie monthly RRSP, TFSA, RESP contributions or extra payments on the loans or mortgage. You have effectively turned what you thought was an emotional purchase to non-emotional. It is automatic and it helps you get ahead financially.

Try this exercise and you will discover a lot about your spending habits and prioritizing of expenses. It's not budgeting, but by categorizing your spending it will help you get further ahead financially for 2014 and beyond.

This newsletter was prepared solely by Joe Figliomeni who is a registered representative of HollisWealth Advisory Services Inc. (a member of the Mutual Fund Dealers Association of Canada and the MFDA Investor Protection Corporation). The views and opinions, including any recommendations, expressed in this article are those of Joe Figliomeni and they have not been reviewed or approved by HollisWealth Advisory Services Inc.



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IBAO Provides Tips on Protecting Your Home from Volatile Winter Weather

~ Caution: Icy, freezing temperatures ~



Unfortunately, the temperatures have been very cold with some parts of Ontario experiencing lows of -30 °C. Volatile temperature changes bring many dangers to Ontario homes and the Insurance Brokers Association of Ontario (IBAO) would like to provide Ontarians with some tips on how to protect their home from winter weather.

The most common risk to your home is heavy snow buildup. Heavy snow can not only damage your roof and surrounding areas of your home but with the drastic changes in weather, the snow can quickly melt making your home susceptible to flooding. IBAO recommends checking your roof and outside parameters of your home a couple of times a week to monitor the snow accumulation. If you notice a buildup in certain areas, contact a contractor for removal services. Make sure you are shoveling snow away from basement windows and entry ways to avoid water damage and water intrusion.

Another thing to look out for is ice damming. This happens when snow on your roof begins to melt and freezes before it has a chance to run off. Usually, this is caused by warm air leaking from your house into your attic. The warm air heats the roof's surface and causes the snow to melt. As the water runs down your roof, it freezes near the roof's edge and an ice dam starts to form. This process repeats itself a few times and eventually creates a dam made of ice that prevents water from draining away. Inevitably, this water backs up under the shingles and into your home.

Here are some tips on preventing an ice dam:

- ◆ Insure that your attic is adequately insulated;
- ◆ From inside the home, seal any perforations in the ceiling;
- ◆ Ensure your soffit vents are not blocked by insulation;
- ◆ Take measures to draw more air into the attic through the gable and eave vents;
- ◆ Keep roof vents free of snow so cold air can circulate in your attic;
- ◆ If you are installing a new roof, have the contractor install roof felt or install heating cables as an interim measure;
- ◆ If you suspect your home is susceptible to ice damming, consult an expert who can use diagnostic tools to identify problem areas providing opportunity to prevent damage from occurring.

"If an ice dam occurs, consult an expert and under no circumstances should you climb out on your roof to inspect or attempt to remove the ice dam yourself," said IBAO CEO Randy Carroll. "The next step is to take some photos and call your insurance broker and a local restoration contractor to inspect."

The Insurance Brokers Association of Ontario (IBAO) is a 'not for profit' association that represents and serves the interests of over 12,000 independent Property & Casualty Insurance Brokers in the Province of Ontario.

For more information, please contact: Emily Reid, IBAO
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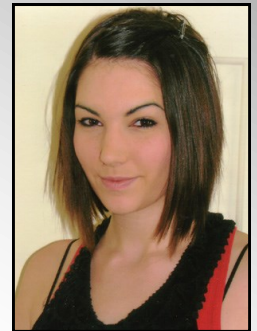
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Improving the Health of our Community

Anxiety: Deactivating the fear response ~ By Melodie O'Connell MSW RSW



Anxiety is becoming more and more problematic for individuals within our community. We are also seeing more children and teens going to their family doctor due to their inability to cope with the symptoms of anxiety. Many people know what anxiety feels like, but often lack the understanding necessary to cope with it.

Anxiety can be described as the activation of the fear response. The symptoms of anxiety enable us to become hyper-sensitive and alert to the environment around us. It allows us to sense the danger within our environment, and prepares us to respond. Some of the symptoms of anxiety include increased heart rate, increased blood pressure, gastrointestinal issues (butterflies or nausea), sweating, as well as numerous other reactions. Functional anxiety is our body's way of keeping us safe when we are in danger. For example, if we are walking through a jungle and we see a lion, our fear response will activate in order to keep us safe. Each of the physical symptoms that we experience are designed to help us. For example, the increase in our heart rate enables us to fight the lion, or try to outrun the lion. When we feel nausea or butterflies in our stomach, it is our body's way of saying, "I will shut down the digestive process, because we need to deal with the dangerous situation." When we begin to sweat, it is our body's way of keeping us cool as it knows that we will be working hard to stay safe during this dangerous situation. However, people in our community are noticing an increase in what we describe as dysfunctional anxiety. Dysfunctional anxiety is when our fear response becomes activated, and there is no dangerous

situation. For example, people will describe feeling anxious going to work, driving, being on their own or going to the mall. It is important to remember that the symptoms of anxiety may be uncomfortable, but they are not dangerous. It is a natural response. When we are feeling anxious, it is important to ask the question, "What am I afraid of?" It is not usually the event itself that causes us to feel anxious, but rather it is our interpretation of the event. When we are able to identify the thought that is causing the anxiety, we are better able to challenge the thoughts. For example, some people may feel very anxious about flying. The thought causing the reaction is not flying, but rather, it is the fear of crashing. Is it possible that the plane may crash? Absolutely. Is it likely that the plane will crash? No. When we begin to look for evidence to challenge our thoughts, we realize that the evidence says that it is unlikely that our 'worst-case scenario' fear will be realized.

Dysfunctional anxiety occurs when we worry about something that has already happened (in the past), or something that could happen in the future. In order to successfully manage our anxiety, we need to spend more time living in the present. Tune in next month to learn some strategies that will help you to become successful in managing your symptoms.

*** This article is not intended to diagnose any mental health issues. If you are feeling some of these symptoms, please speak to your health care provider.

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Saturday Night at the Movies

Wilmot Mennonite Church, 2995 Bleams Road

Saturday, February 15th at 7:00 p. m.
featuring "Temple Grandin"

Why does my kid do that? Sensory Processing Disorder or Autism spectrum expresses itself in a variety of ways. Parents have asked, "Why does my son do so much spinning or bouncing?" "Why does he hold his hands to his ears?" "Why doesn't he look at me?"

This film is the true life story of Temple Grandin who was diagnosed with Autism at the age of two. This film follows Temple from childhood to adulthood. **Want to learn more about the Autism Spectrum?**

Free admission. Donations accepted to cover costs.
Bring a snack for yourself - Drinks provided.

Hidden Acres Family Day Open House
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RSVP required – info@hiddenacres.ca or [519-625-8602](tel:519-625-8602).

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Keep the Miracles Flowing in 2014!

At the January blood donor clinic held at the New Hamburg Legion, 39 residents registered to donate blood with 37 actually giving, just falling short of the quota set by Canadian Blood Services. Morningside residents sponsored the clinic serving refreshments and thanking the donors for donating.

The next clinic will be held on Monday, February 24 at the Waterloo-Oxford DSS Cafeteria between the hours of 1:30 and 7:30 pm. and will be sponsored by Holy Family Catholic Church.

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



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New Hamburg & Area Coop Preschool Registration

Alumni Registration March 17-21
General Registration starts March 24

Preschool Open Houses - Located at the preschool
Thursday March 20 6:30-8:00 pm
Friday March 21 9:30-11:00 am



Please note registrations will not be accepted at the open houses.
www.newhamburgpreschool.com

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



Three Waterloo-Oxford D.S.S. Students Recognized at New Dundee Optimist Youth Appreciation Awards Event.

Nominations from school staff are based on the following criteria: students have demonstrated exemplary behaviour, made positive contributions, are a role model for others, display a positive attitude, possess a strong work ethic, and show respect and compassion for others.

Congratulations to Courtney Magnus, Shauna Saatchi, and Brianna Smith on receiving these awards on January 28, 2014.

From left to right in photo are: Brianna Smith, Courtney Magnus, and Shauna Saatchi.
Photo by: Beth Bodkin



Waterloo-Oxford DSS WCSSA Boys' Alpine Ski Team Silver Medalists



Left to Right in Photo:

Josh McGrath, Joe Lass, Josh Snider, Liam Henderson (front), Riley Mills, Mike Potworka, Nathan Snider

Absent from photo: Tristan Pfenning and Adam Wurzbacher

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Eligibility: Single – up to \$30,000, Couple – up to \$40,000, 1 Adult 1 Child – up to \$35,000, (\$2,500 each additional dependant)

Volunteers do not prepare complex returns for: self employment income; business or rental income and expenses; capital gains or losses; employment expenses; file for bankruptcy; or deceased in the year.

Bring all your information slips to the office; there are a few forms for you to complete and we'll call you to pick them up when they are complete. Any questions about eligibility or how it works, please contact Marietta at 519-662-2731.

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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.

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 www.smchurch.ca.



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To serve Christ by supporting local and global
 communities in a loving Christian spirit. "

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.

We're on the Web!
 Visit www.badenoutlook.com

Sunday Morning in Church ~

The minister decided to do something a little different one Sunday morning. He said, "Today in church, I am going to say a single word and you are going to help me preach. Whatever single word I say, I want you to sing whatever hymn that comes to your mind. The pastor shouted out "cross" and immediately the congregation started singing in



unison "The Old Rugged Cross." The pastor hollered out "grace" and the congregation began to sing "Amazing Grace, How Sweet the Sound." The pastor said "power" and they sang "There is Power in the Blood." The pastor then said "sex" and the congregation fell silent. Everyone was in shock. They all nervously looked around unsure what to say. Then all of a sudden from the back of the church a little old 87 year old grandmother stood up and began to sing "Precious Memories."

Submitted by Jean Cook

A Booklover's Dream at New Hamburg Thrift Centre

If the idea of sitting down in front of a fire with a good book has you salivating, you need to make a stop at the New Hamburg Thrift Centre! With 53 designated sections in the book area, from cookbooks to history, it's a Booklover's Dream!

Books have always been part of the merchandise offered at the Thrift Centre but the book department has evolved over time. Years back, all books were priced at 50¢ for paperbacks and \$1.00 for hardcover books. One day, a donor came in with many good quality books; the donation came with a catch ... he would donate them "only if they were priced accordingly." A special display was created and in a matter of days all the books sold at much higher prices. Volunteers began to wonder if they could regularly price books more appropriately. With this change, the quality of donations continued to change too.

Nowadays as you enter the store from the front door, you will probably notice our "Feature Book Shelf" with our best book selection. One of our many special displays happens in February, when we display books to celebrate Black History Month. During the year, books about Black History Month can get lost on the shelves with our other books. So for 11 months as volunteers sort the weekly donations, some books are put aside to be used later on our feature shelf.

MCC really benefited from a numbered and autographed history book about Berlin, Ontario (Kitchener.) Volunteers struggled with what price to charge. In the end, the shop received \$100 for this one book. Volunteers and staff continue to be amazed at the amount and quality of book donations that come through the back doors. Most books today cost between 50¢ and \$5 – with special exceptions of course! On average the shop's book department generates \$10,000 per month. That's almost \$120,000 per year!

Whether you are looking for magazines, current fiction, religion, craft books, music, vintage books or home schooling resources, this is one stop you can't miss!

SUNDOG ~ THE WINTER RAINBOW



A sundog is a solar phenomenon produced by refraction of light through ice crystals. When the sun is near the horizon, a sundog would appear as brightly colored spots on either side of the sun, similar to that of a rainbow. This is often a sign that more wet weather is on the way ~ more of life's mysteries.

New Hamburg Thrift Centre
41 Heritage Drive
New Hamburg
tel: 519-662-2867
www.newhamburgthrift.com



Please note we are closed
Monday, Feb 17 for Family Day.

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



All proceeds benefit
the work of
Mennonite Central
Committee

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Interesting People – Meet Mahlon Gingerich

There are many opportunities in our world to help other people – to give something back. Mahlon Gingerich, who has been a carpenter for 40 plus years, has found his way to do this.

Through his love of motorcycles he joined the Christian Motorcyclists Association. He met a pastor on an annual ride who told him about the need to build churches, which are also used as schools, in ravaged areas of Haiti and the Dominican Republic. He felt that his talents would be of use, so in 2004 he made his first trip. Since then he has completed six trips building these multi-use facilities.

Mahlon returned from his recent two week mission on December 14th where a group of twelve built a 50 by 100 foot structure (the average structure is 32 by 50 foot). The project is co-ordinated through World partners and the Missionary Churches of Canada. The building of the church is financed totally through the fundraising efforts of each person. Each volunteer is asked to raise about \$2,000 each to build the church for a total of about \$24,000. Mahlon was supported by friends,



family, the Missionary Church of Tavistock, and the New Hamburg Lions Club.

All of the tools needed have accumulated over the previous trips and are kept in Haiti, with generators providing power. Upon arriving at the site, all of the cinder block walls had been erected, so the job consisted of building 52 fifty foot tresses on the ground, lifting them up into position, installing the steel roof, and wiring the building for power. There are a number of locals that help with the project.

Part of the team are from the area : Irvin Riest from New Dundee, and Larry Wagler (formerly of Baden) from Paisley Missionary Church, were part of the Ontario team and the rest came from Saskatchewan. Mahlon said, “It was a great mix of young and old Christian men, and everyone brought their own talents to the job.” These trips have changed Mahlon’s life and he feels gratitude that he has the opportunity to help in any way he can and plans on returning to continue his own personal mission.



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held from 7:15 - 8:15 p.m. on Tuesdays and
Thursdays and are open to ages 14 and up.*



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

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Ask Armand ~



Shelley from Baden asks—Armand, could
you give me a bit of history on the Vesper
Springs complex?

Armand says: Yes Shelley, the vision to create the Vesper
Spring Complex was started in the late 70s. A submission
was sent to the CMHC (Canada Mortgage and Housing
Corporation) in 1980 and in May of 1981 the group received
its charter. The building was built in 1984. Ed Fergusson,
who was president of the group, was honoured for being the
driving force behind the project.

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Now That's Punny! Just when you think you've heard them all ~ More Puns!!



- ◆ I wondered why the baseball kept getting bigger. Then it hit me.
- ◆ A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
- ◆ The midget fortune-teller who escaped from prison was a small medium at large.
- ◆ The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
- ◆ I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.
- ◆ Two silk worms had a race. They ended up in a tie.
- ◆ A hole has been found in the nudist-camp wall. The police are looking into it.
- ◆ Atheism is a non-prophet organization
- ◆ There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.

Submitted by Jean Shantz

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You Must Be Joking!

Submitted R. Price



A minister was completing a temperance sermon. With great emphasis he said, "If I had all the beer in the world, I'd take it and pour it into the river." With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and pour it into the river."

And then finally, shaking his fist in the air, he said, "And if I had all the whiskey in the world, I'd take it and pour it into the river."

Sermon complete, he sat down...The song leader stood very cautiously and announced with a smile, nearly laughing, "For our closing song, Let us sing Hymn #365, 'Shall We Gather at the River.'"

With you for the journey!
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We're on the Web! See the paper in colour at www.badenoutlook.com

Get a Grip.. And Live Today as it May Be Your Last!!

Too many people put off something that brings them joy just because they haven't thought about it, don't have it on their schedule, didn't know it was coming or are too rigid to depart from their routine.

Think about all those women on the Titanic who passed up dessert at dinner that fateful night in an effort to cut back. With this in mind I've tried to be a little more flexible.

How often have your kids dropped in to talk and sat in silence while you watched "your show" on television?

How often do you call your friend or sister and say, 'How about going to lunch in a half hour?' And only hear the stammer, 'I can't. I have clothes on the line. My hair is dirty. I wish I had known yesterday, I had a late breakfast. It looks like rain.' And my personal favourite: 'It's Monday.' —We never did have lunch together.

Because Canadians cram so much into their lives, we tend to even schedule our headaches. We live on a sparse diet of promises we make to ourselves when all the conditions are perfect right now!

"We'll go back and visit the grandparents when we get Steve toilet-trained. We'll entertain when we replace the living-room carpet... We'll go on a second honeymoon when we get two more kids out of college."

Life has a way of accelerating as we get older. The days get shorter, and the list of promises to ourselves gets longer. One morning, we awaken, and all we have to show for our lives is a litany of 'I'm going to' 'I plan on' and 'Someday', 'when things are settled down a bit.'

My lips have not touched ice cream in 10 years. I love ice cream. It's just that I might as well apply it directly to my stomach with a spatula and eliminate the digestive process.. but how I love ice cream!!

Have you ever watched kids playing on a merry go round or listened to the rain lapping on the ground? Ever followed a butterfly's erratic flight or gazed at the sun into the fading night? Do you run through each day on the fly? When you ask 'How are you?' do you really hear the reply?

When the day is done, do you lie in your bed with the next hundred chores running through your head? Ever told your child, 'We'll do it tomorrow.' And in your haste, not see his sorrow? Ever lost touch? Let a good friendship die? Just call to say 'Hi?'

When you worry and hurry through your day, it is like an unopened gift...Thrown away....Life is not a race. Take it slower. Hear the music before the song is over. Hug someone, catch a snowflake, smile into the sunshine!

Email submitted by Cathy Marchione

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Baden Minor Softball Association 2014 Registration

Parents: B.M.S.A. needs your assistance! Can you help?

Umpiring Coach Parent Rep. Fundraising

Parent Name(s): _____ Participant Name: _____

Full Address: _____

Home#: _____ Cell #: _____ Email: _____

TEAM	AGE	BIRTH YEAR	FEE		Game Days
T-Ball	5 + 6	2008-2009	\$45	<input type="checkbox"/>	Saturday 9am or 10:30a
Coach Pitch*	6 + 7	2007-2008	\$80	<input type="checkbox"/>	Tues and Thurs 6 pm
Tyke	8	2006	\$100	<input type="checkbox"/>	Tues 7pm and Sat 10:30a
Atom	9 + 10	2004-2005	\$140	<input type="checkbox"/>	Wed 7pm and Sat 1pm
Squirt	11 + 12	2002-2003	\$140	<input type="checkbox"/>	Mon and Thurs 7pm
Pee Wee	13 + 14	2000-2001	\$140	<input type="checkbox"/>	Wed and Sat 7pm
Bantam	15 + 16	1998-1999	\$160	<input type="checkbox"/>	TBD
Midget	17, 18 + 19	1995/96/97	\$160	<input type="checkbox"/>	TBD

****ALL TEAMS TRAVEL TO VARIOUS COMMUNITIES DURING THE REGULAR SEASON, SOME CAN BE UP TO 1H 15MIN AWAY****

IF YOU PREFER TO PLAY LOCAL LEAGUE** (little or no travel) **PLEASE CHECK THIS BOX**

(Local League will be available depending on numbers interested, if you only want to play local league please specify in writing on the back of this form)

If you have financial concerns regarding registration fees, please refer to the BMSA Financial Assistance Policy or contact us to discuss alternative payment options.

REGISTRATION	Saturday, February 8 th -	Wilmot Recreation Centre	9:30am- 12 pm
DATES	Saturday, February 22 nd -	Wilmot Recreation Centre	9:30am- 12 pm
	Wednesday, February 26 th -	Wilmot Recreation Centre	7 pm - 8:30 pm
	Wednesday, March 5 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 Baden Minor Softball Association Inc., 118 Snyder's Rd E., Baden, ON, N3A 2B0

REGISTRATION DEADLINE: MARCH 21st, 2014

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 (Bantam & 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. Parent and Player Code of Conduct and will ensure my child/children and I will abide by its principles.

Parent's Signature: X _____ Dated: _____

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

*****NOTE:** Cheques will be cashed immediately. If a player decides not to play on or before April 11th, 2014 a full refund will be given. Players choosing not to play after this date will be subject to a cancellation fee. There will be no fee for T-ball cancellations. The fee for Coach Pitch is \$25 per player and for Tyke and up will be 50% of the registration fee. Players choosing not to play after 3 regular season games may* forfeit their entire registration fee***

For Office use Only

Payment received: Cheque Cash Amount _____ Receipt Exec. _____

*refer to BMSA By-laws Section 2 for further information.