

February

2017

Baden's Monthly Newsletter...
Keeping the Community Connected
with 3000 Copies in Circulation



Baden Outlook

FILM PRODUCTION COMES TO TOWN



Seen below are: Sherri Gropp (asst. curator), Amanda Tapping (Film Director), Tracey Loch (Castle curator), and Dorigen Fode (Location Manager for Northwood Productions).



There was quite a buzz at Castle Kilbride on Tuesday, January 24 as the production of "Anne" came to town. Film crews and productions trailers lined the streets around the castle.

"Anne" is based on the classic novel *Anne of Green Gables* and is a highly anticipated new dramatic television series. The Baden Outlook was invited to join in and get the scoop, but they have asked us to wait to share that story until the March issue. As they say on television... "Stay Tuned!"

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This paper is priceless - Please have one!

Talking with Ed

~ It's a Gas!



Pat and I always have lively conversations with our good friends Brant and Rosi. During one visit our discussion turned to the oil industry. Brant, who is very passionate on the subject, said, "I just don't understand why we are still using oil to fuel our automobiles?" "What would we use as a replacement?" I asked. "Why, alcohol of course," replied Brant.

I know that much of the gas that we put into the tank does include up to 10% alcohol already, but I thought alcohol alone would burn an engine up. "Not so," said Brant. "For a few hundred dollars and an adjustment to the timing, engines can be converted to run on alcohol. As a matter of fact, over half the cars in Brazil, the fifth largest country in the world, currently run on alcohol and that country does not import any oil at all," he explained. "The alcohol is made from the sugar cane plant which is grown on 1% of their land."

Brant gave me some facts to chew on. Since alcohol is made from plants, its production takes carbon dioxide out of the air, sequestering it, with the result that it reverses the greenhouse effect (while potentially vastly improving the soil). No new technological breakthroughs are needed. We can make alcohol fuel out of what we have, where we are. Alcohol fuel can efficiently be made out of many things, from waste products like stale donuts, grass clippings, food processing waste, even ocean kelp. Many crops produce many times more alcohol per acre than corn, using arid, marshy, or even marginal land in addition to farmland. Just our lawn clippings could replace a third of the auto fuel we get from the Middle East.

Alcohol is a superior fuel to gasoline! It's 105 octane, burns much cooler with less vibration, is less flammable in case of accident, is 98% pollution-free, has lower evaporative emissions, and deposits no carbon in the engine or oil, resulting in a tripling of engine life. Specialized alcohol engines can get at least 22% better mileage than gasoline or diesel.

It's not just for gasoline cars. We can also easily use alcohol fuel to power diesel engines, trains, aircraft, small utility engines, generators to make electricity, heaters for our homes—and it can even be used to cook our food.

The by-products of alcohol production are clean, instead of being oil refinery waste, and are worth more than the alcohol itself. In fact, they can make petrochemical fertilizers and herbicides obsolete.

I took it on my own to do a little research to find out why this isn't happening here in Canada. There are some downsides – some contradict some of Brant's thoughts. Ethanol has become just as expensive as gasoline although gasoline prices are currently very low – but that could change. Also, it turns out that when temperatures go below -40, then cars can become hard to start (I am not sure how many times we reach that temperature in our area). Using that much vegetation for fuel could drive up food prices. Currently 40% of the corn crop in the United States goes to ethanol. One website suggested that ethanol causes damage to fuel systems and engines, and pure gasoline does not. The most critical problems are water contamination and fuel separation.



Anyway, it is a very interesting idea. I suppose it might not be something that Donald J. Trump would support as he claims that environmental issues in the world are overblown. It is food for thought – or fuel.

Until next month...Ed

EXTRA EXTRA!!

You'll find us around the 15th of each month, available at over 80 places within Wilmot Township while quantities last.

You'll find us 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.



You can pick it up in New Hamburg at No Frills, Sobey's, Short Stop, NH Legion, McDonalds, Kasemann's, Morningside, Stonecroft, Office Pro, NH Thrift Centre, Absolute Fitness, Pharmasave, NH Dry Cleaners, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

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

*The best things in life are free -
like the sun peeking through the
clouds on a cold wintery day
...and this paper
~ Please Have One!*



Greetings from ~ Outlook Headquarters

Happy February! I hope you've endured the grey days of January and have been able to at least get outdoors for fresh air, even if it's been to shovel. I am guilty of hiding away indoors and surely feel the lack of exercise. As February brings us Heart Month it reminds me to keep moving, even if it's with the vacuum cleaner!



I knew that would make you happy!

February 2nd was Groundhog Day and it's been reported that Wiarthon Willie didn't see his shadow and went back in his hole to nap a while longer. Tradition indicates that's a sign of an early spring—and I'll take it.. thanks Willie!



We always appreciate your feedback and are happy to report that James Yahn and Doug Rielly found solutions to the Stick Puzzle we featured last month as seen below. Also thanks to John Wagner who let us know that we missed an important piece to the history of the Seasons Grande/Egli's Meat property. John says, "In the early 60s, Snyder Transport was operating out of the yard on the east side of the building; I don't know if they used the building or if they owned the property. Eventually they built a yard and shop on Sandhills Road." That may have to be another article down the road, but thanks for sharing the information, John. The most exciting response came from cousin Carol who responded to Barry's "Talking with Ed" article about family history. We found an amazing package in our Outlook mailbox with the history of my Cook Family Tree dated back to 1794—thanks so much, Carol! (We must get together and catch up!)



I trust you have all received your "rethinkwaste" flyer from the Region of Waterloo reminding us of the new garbage bag rules starting in March. There is a new schedule for garbage and recycling pickup and we will be on a 2 week pick up cycle, so be sure to check out your area and don't forget to get it to the curb by 7 a.m.

There was quite a buzz at Castle Kilbride as the production of "Anne" came to town. "Anne" is based on the classic novel *Anne of Green Gables* and is a highly anticipated new dramatic television series. Barry was invited to join in and get the scoop, but they have asked us to wait to share that story until the March issue.

In this issue, you will see how busy the community is: see page 24. We hope you are able to enjoy the Family Day events going on in and around the area. Also, with the grey days of winter, many suffer with Seasonal Affective Disorder—check it out on page 21 as Helen shares her wisdom on the topic. In the spirit of Valentine's Day, Naomi went out to find true love stories; check it out on page 7—and thanks to those who shared their stories with her.

Oh Canada! The True North Strong & Free



This year we celebrate the 150th birthday of our country. In the upcoming issues you will find all kinds of interesting quizzes and trivia to get you educated or refreshed in tribute to our country.

Last month we paid tribute to Canadian hockey. This month we are enlightening you on Canadian Inventors—good luck with the quiz on page 10.

Solution to Stick Puzzle from last month.

Apparently there are 4 solutions; we found one. Take the middle horizontal stick of the 6 and turn it upright making it a 0, then the equations is $0+4=4$.

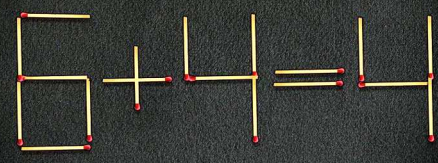
But thanks to James Yahn and Doug Rielly who found the other solutions...

~ take away the bottom left of the 6 (to make it a 5) and add it to the top of the right-hand 4 (to make a nine) $5 + 4 = 9$

~ take away the vertical portion of the + sign and move it to the top-right of the 6 (to make an 8) $8 - 4 = 4$

~ take the horizontal match in the plus sign away to turn it into a negative sign and place that match on the number 6 in the vacant spot to turn that into an 8... that makes $8-4=4$

Move just ONE match
to fix the equation.



Baden ~ Our Town

It's Family Day on February 20th...don't forget to take the family to the Wilmot Recreation Complex where the BCA is hosting an event. There will be free swimming from 1-4 pm and free skating from 11 am—1:45 pm. Thanks to Wilmot Township and MPP Michael Harris for supporting this event with us. The BCA will be upstairs handing out free snacks and refreshments from 1-4 pm. Levetto will also be there handing out free pizza. Come out and get some exercise, food, and fun with your family and friends. Last year was a great success, serving over 300 people.

The BCA are perusing quotes for the design of the plaque in recognition of those who generously donated \$500 or more to help us with the Foundry Street Parkette project. There will be a plaque unveiling ceremony later this spring and the BCA will be inviting the public to join in to celebrate the completion of this project. We are glad to see the parkette and trail being used regularly.

What's Coming Up?

- ⇒ Six hundred trout are ordered and will be stocked in the Mill Pond in early June as the BCA prepares for the annual Baden Fishing Derby.
- ⇒ The BCA is planning for the Baden Town Spring Cleanup Day. We were happy to have about 100 people show up last spring, helping to make our town sparkle! Watch for more details in the Baden Outlook.
- ⇒ Meetings have begun to plan the annual Cornfest, and you are welcome to join in the planning.

The BCA meets in the basement of the township hall, the last Wednesday of each month at 7 p.m. - Come join the fun!



Interesting... Who Knew?!



- * **Glass** takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!
- * **Gold** is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.
- * **Your tongue** is the only muscle in your body that is attached at only one end.
- * **Zero** is the only number that cannot be represented by Roman numerals.
- * **The song Auld Lang Syne** is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year.
- * **Peanut oil** is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.
- * **The roar** that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.
- * **Nine out of every 10** living things live in the ocean.
- * **The banana** cannot reproduce itself. It can be propagated only by the hand of humankind.
- * **The University of Alaska** spans four time zones.
- * **The tooth** is the only part of the human body that cannot heal itself.
- * **In ancient Greece**, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.
- * **Intelligent people** have more zinc and copper in their hair.
- * **A comet's tail** always points away from the sun.
- * **Caffeine** increases the power of aspirin and other painkillers, which is why it is found in some medicines.
- * **The military salute** is a motion that evolved from medieval times, when knights in armor raised their visors to reveal their identity.
- * **When a person dies**, hearing is the last sense to go. The first sense lost is sight.
- * **In ancient times** strangers shook hands to show that they were unarmed.
- * **Strawberries** are the only fruit whose seeds grow on the outside.
- * **Avocados** have the highest calories of any fruit at 167 calories per hundred grams.
- * **The moon** moves about two inches away from the Earth each year.
- * **The Earth** gets 100 tons heavier every day due to falling space dust.
- * **Due to earth's gravity** it is impossible for mountains to be higher than 15,000 meters.
- * **The letter J** does not appear anywhere on the periodic table of the elements.
- * **Mickey Mouse** is known as "Topolino" in Italy.

Submitted by Jean Shantz

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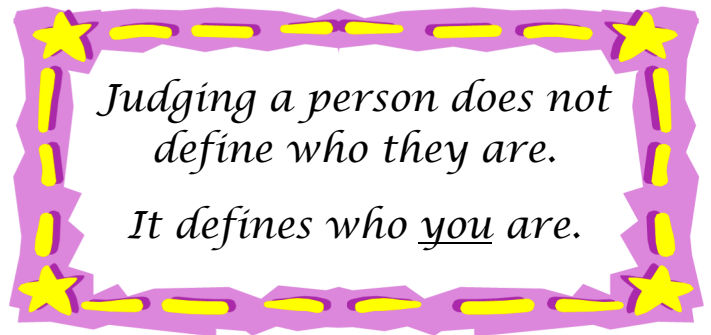
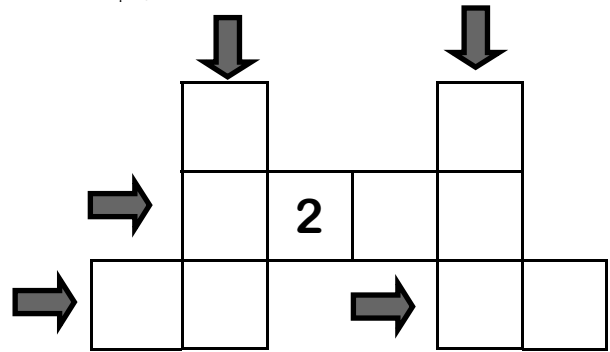
Do you enjoy fun and active sports challenges? Then this week was made for you! A chance to learn a new game or improve your awesome skills! We'll play some favorite sports like floor hockey, soccer, and badminton, but you will also have the opportunity to have some fun with non-traditional equally fun games like noodle hockey, beach ball volleyball, human bowling, capture the flag and a whole lot more!

For more information or to register your child(ren) contact
 Tina @ cr4wfrcc@bellnet.ca or 519-662-2731 x210
 www.wilmotfamilyresourcecentre.ca



**Wilmot Family
 Resource Centre**

LUCKY 13 ~ Given just the number 2, insert the numbers 1 to 9 in the squares so that the sums of each row and column indicated with an arrow adds up to 13.
 Answer is on page 7



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Studies indicate that having a pet in the home with young children can actually lower a child's likelihood of developing related allergies, as children exposed early on to animals tend to develop stronger immune systems overall.



Whoever said that diamonds are a girl's best friend—never owned a dog.

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You Must Be Joking!!



- ◆ Why was the cat sitting on the computer?
—To keep an eye on the mouse!
- ◆ What is the difference between a cat and a comma?
—A cat has claws on the end of its paws, the other is a pause at the end of a clause!
- ◆ What is it called when a cat wins a dog show?
—A CAT-HAS-TROPHY!
- ◆ Did you hear about the cat who swallowed a ball of yarn?
—She had a litter of mittens.
- ◆ Why don't cats play poker in the jungle?
— There are too many cheetahs.
- ◆ Why did the cat run out of the tree?
—Because it was scared of the bark!
- ◆ What do cats like to eat for breakfast?
—Mice Krispies



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New Clients Welcome!





In the spirit of Valentine's Day, the Baden Outlook interviewed some residents close by to find out how they met some of the people that are closest to them.

Rebekah Winter and Chad Bender – Faithful Friends

Told by Rebekah: We met at Conrad Grebel University College, a residence where I was living at the University of Waterloo. One evening, Chad came to visit some of his friends who were also living there, who just happened to be good friends of mine. A big group of us decided to play Dutch Blitz and hang out for the evening. Chad and I noticed each other but didn't talk just the two of us that night. It took a while after this initial meeting for our mutual friends to convince us that we could really get along. Eventually, we started talking and then went out a few times. One of these times, I may have driven Chad's snowmobile into a ditch...whoops! Even so, we eventually decided we should start dating, and did. Chad proposed July 2016!

Jen and Justin Jantzi – Crusader Comrades

Told by Jen (with some details from Justin): I grew up in Tavistock and Justin in New Hamburg, so both of us ended up attending Waterloo-Oxford Secondary School. In 2007, when I was in grade twelve and Justin was in grade eleven,

the bus route got changed and we ended up on the same bus. One winter WO closed in the middle of a school day because of a snowstorm, and Justin's and my bus was one of the last to pick us up. We were all huddled around outside the school waiting and at some point I bumped into Justin. We had some mutual friends, but we never really talked much until we met again at a friend's house the following summer. I was in the Tavistock Fair Ambassador Competition a few weeks later, and Justin just happened to come and watch. We started dating shortly after, when he was in grade twelve and I was in my fifth year. In 2011, as I was finishing my university degree, we moved into our first home in Baden. In July 2013 we got married and Justin started his company, Dovetail Construction Ltd, about a year later. In Fall 2015, we moved to a new-to-us house across town and got our adorable dog, Nemo. Only more good things and adventures to come!



Love finds us when we least expect it. Hopefully these stories gave you something to smile at and warmed your heart, even just a little, in the midst of a frosty February.


Please support the advertisers of this paper. We couldn't do it without them!!

Submissions are due on the 1st of each month.




Answer to LUCKY 13 puzzle from page 5

3		5
1	2	8
4	9	6



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HERITAGE WILMOT

HERITAGE DAY 2017



For nearly three decades, the Heritage Wilmot Advisory Committee has presented Heritage Day events in Wilmot Township. For 2017 the Committee is proud to present the theme of *Celebrating 25 Years of the New Hamburg Heritage Conservation District*. Wilmot residents, organizations, business owners, as well as area heritage groups, have an opportunity to showcase the unique heritage and culture on this day.

Saturday February 25 from 10 a.m. to 3 p.m.
New Hamburg Community Centre
251 Jacob Street (upper level)
Admission is always free.

Highlights include:

- View displays of New Hamburg's District and plans.
- Talk with business owners featuring their heritage property.
- Meet and greet with the area heritage groups.
- Take part in an awards ceremony that recognizes residents and businesses that demonstrate significant contributions to heritage preservation in Wilmot Township. Join us at 2:00 p.m. for an award ceremony honouring award winners.

For more information, contact:

Nick Bogaert, Chairperson of Heritage Wilmot or Tracy Loch, Curator/ Township of Wilmot
Visit www.heritagewilmot.ca or call 519-634-8444 or for additional information.

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Checking out the Baden Library



Spend your March Break at the library!

All core programs, movies, crafts, entertainers, and special events are free; however, registration is required as space is limited for all programs. When registering, please remember to register all persons attending the event including adults and children of all ages.

Lego Fun: Drop in & Play Day:

Tuesday, March 14, 10 a.m. - 8 p.m.

Build, create, and play! Lego games and challenges too. Fun for all ages. No registration required for this event.

Movie Day: Wednesday, March 15, 2:30 - 3:45 p.m.

Watch the movie, *The Secret Life of Pets* (G). Registration includes refreshments. Children under 5 years old must be accompanied by an adult. Children 9 and under must have a parent/caregiver (12 years or older) remain in the branch during the movie.

Creature Quest: Thursday, March 16, 3 - 4 p.m.

Meet reptiles, mammals, amphibians, birds, and invertebrates from around the world. Recommended for ages 4 and up. This is a popular program so register early: space is limited.

Visit rwlibrary.ca for information about March Break programs offered at all Region of Waterloo Library branches.

Get the jump on spring!

Registration for spring programs begins Tuesday, March 21 when branches open. You can register online, by phone or in person. Programs begin the week of April 4 and end the week of May 23 unless otherwise noted.

Baby Connections: For parents and babies 0 to 11 months

Thursdays: April 6 – May 25, 11 - 11:30 a.m. or 11:45 a.m. - 12:15 p.m.

Stories, songs, rhymes, and sensory activities!

Wonderful Ones: For parents and 1 year olds

Tuesdays: April 4 – May 23, 11 - 11:30 a.m.

Stories, songs, rhymes, and activities!

Toddler Tales: For parents and 2 year olds

Tuesdays: April 4 – May 23 or Thursdays: April 6 – May 25, 10:15-10:45 a.m.

Stories, songs, rhymes, and special activities!

Storytime: For children ages 3 to 5

Tuesdays: April 4 – May 23 or Thursdays: April 6 – May 25, 9:15-10 a.m.

Stories, songs, games, activities, and crafts!

Ontario Library Association (OLA): Forest of Reading

Did you know that Forest of Reading is Canada's largest recreational reading program? The OLA encourages a love of reading for people of all ages by offering a variety of programs. Over 250,000 children and adults across Canada participate annually through their local public or school library.

Visit the Ontario Library Association website (<http://www.accessola.org>) for program information and book lists, then use Region of Waterloo Library catalogue to place holds on the books you would like to read or ask library staff for assistance.

Up-to-date program and event information is available on the Events Calendar at rwlibrary.ca or contact the branch at 519-634-8933 or badenlib@regionofwaterloo.ca.

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

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*Canadian Inventors ~ Here is an interesting trivia quiz to tackle.
See if you can match the inventions with the inventor. Answers on page 30.*

Insulin (as a diabetes treatment)	first patented by Marcellus Gilmore Edson in 1884
Superman	invented by Norman James Breakey
Basketball	invented by Joseph Coyle of Smithers, British Columbia in 1911.
Standard time	invented by Joseph-Armand Bombardier in 1937
AM Radio	invented by Scottish-born inventor Alexander Graham Bell in Brantford, Ontario
The snowmobile	invented by Lewis Urry in 1954
The snowblower	invented by Alfred J. Gross in 1949
SONAR	invented by John J. McLaughlin in 1907
The alkaline battery	introduced by Sir Sandford Fleming in 1878
The garbage bag	invented by Mike Lazaridis 1984
The Robertson screw	invented by Gary.R. Johnston in 1966
The pager	invented by Arthur Sicard in 1925
Peanut butter	invented by Frederick Banting in 1922
The telephone	invented by Reginald Fessenden in 1906
The BlackBerry	invented by Harry Wasylyk in 1950
Canada Dry Ginger Ale	invented by Reginald Fessenden
Yukon Gold potato	invented by P.L. Robertson
Egg carton	invented by James Naismith in 1891
The paint roller	created by Canadian-born artist Joe Shuster and American writer Jerry Siegel in 1932





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Ask Armand ~



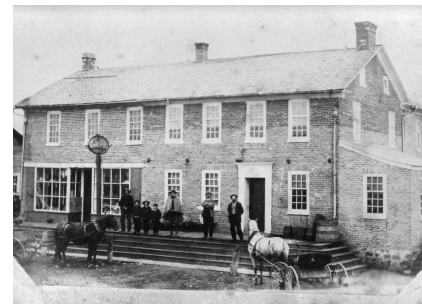
Emily from Baden asks – I recently moved to Baden and was told there was once an amazing cheese factory here. Can you tell me a bit about it?

Armand says – Welcome to Baden Emily. Yes, there was a great cheese factory in town called none other than Baden Cheese. Among all their great cheeses, their specialty was limburger, putting Baden on the map for cheese making. In fact, at first it was one of the only limburger cheese plants in Canada, shipping across the country and to U.S. too. But, it wasn't the biggest seller according to Ray Gingerich, longtime owner/operator of the Baden Cheese Factory. In the hey day of the factory, Baden Cheese outsold all others, including Kraft, Schneider's, and Black Diamond, in the colby, brick, farmers, and low fat skim varieties.

The original building was erected by a Mr. Gabel in the mid 1800s. The picture (top right) is the original building and was taken around 1867. The building was the Queen's Hotel and was a very popular spot for locals and travelers. The beer cellar was found in the basement of the cheese factory during demolition.

Noah Liebler founded the business about 1900 and made only limburger in a small building at the corner

of Louisa and Brewery Streets. He moved the business to Snyder's Road after the Gables Tavern burned to the ground (the current home of Coachman's Lane). The factory was built on the foundation of the old hotel.



Peter Gingerich Sr. bought the business in 1920 and Peter's son Raymond bought it from Peter in 1956.

It was in 1975 when Raymond sold the business to Greg David and associates. David ran the operation for nearly ten years until it was sold to the Gay Lea Corporation, which continued business until its closure in mid-nineties.



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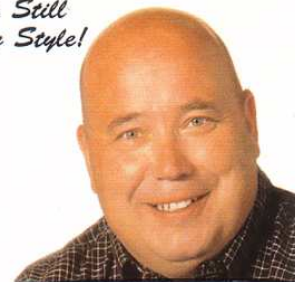
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You Must Be Joking!!



Larry decided to go skiing with his buddy, Scott. So they loaded up Larry's minivan and headed north. After driving for a few hours, they got caught in a terrible blizzard. So they pulled into a nearby farm and asked the attractive lady who answered the door if they could spend the night.

"I realize it's terrible weather out there and I have this huge house all to myself, but I'm recently widowed," she explained. "I'm afraid the neighbours will talk if I let you stay in my house."

"Don't worry," Scott said. "We'll be happy to sleep in the barn. And if the weather breaks, we'll be gone at first light." The lady agreed and the two men found their way to the barn and settled in for the night. Come morning, the weather had cleared and they got on their way. They enjoyed a great weekend of skiing.

But about nine months later, Scott got an unexpected letter from an attorney. It took him a few minutes to figure it out, but he finally determined that it was from the attorney of that attractive widow he had met on the ski weekend. He dropped in on his friend Larry and asked, "Do you remember that good-looking widow from the farm we stayed at on our ski holiday up north about 9 months ago?"

"Yes, I do," said Larry.

"Did you, er, happen to get up in the middle of the night, go up to the house and pay her a visit?"

"Well, um, yes," Larry said, a little embarrassed about being found out, "I have to admit that I did."

"And did you happen to give her my name instead of telling her your name?"

Larry's face turned beet red and he said, "Yeah Scott, I'm afraid I did buddy. Why do you ask?"

"No worries chum, she just died and left me everything."

Submitted by Robert Price



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February is HEART month!

Heart&Stroke

Every 7 minutes, a Canadian dies from heart disease or stroke. Too many of us know how devastating that can be. The Heart & Stroke Foundation is working to help protect the lives of our families, friends, and neighbours.

During the month of February, you may have a Heart & Stroke Volunteer Canvasser come to your door. They will be giving you the opportunity to donate money to the Heart & Stroke Foundation and distribute risk assessment information.

Heart & Stroke's canvassing campaign has two goals: First, we canvass to raise funds to advance research. Secondly, we canvass to empower Canadians to know their risk and what to do about it. We know that if symptoms are diagnosed early, lives are saved. Therefore, when a Canvasser comes to your door, please give what you can to support the life-saving work of the Heart & Stroke Foundation.

Baden Canvassers are still needed! We still require volunteers for some streets in Baden. If you can give a few hours this month to canvass in your neighbourhood, please contact Sandra Roth at 519-634-8745. You may also become an "Online Canvasser." Please visit: heartandstroke.ca/help to find out more information on how to get involved.



- * *Chocolate, men, coffee — some things are better rich.*
- * *The four basic food groups... milk chocolate, dark chocolate, white chocolate, chocolate truffles.*
- * *I'd give up chocolate but I'm no quitter.*
- * *It's never too early or too late for chocolate.*
- * *Forget love, I'd rather fall in chocolate.*
- * *Man cannot live by chocolate alone, but women can!*
- * *All is you need is love but a little chocolate now and then doesn't hurt.*

Submitted by Lily Morlock

Husbands are the best people to share your secrets with. They'll never tell anyone because they weren't listening in the first place!!



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Baden Outlook Hockey Pool Stats

ADULTS			KIDS		
Place	Name	PTS	Place	Name	PTS
1	Reynold Skowron	555	1	Ben Habel	551
2	Cooper Honderich	540	2	Dallas Egli	536
3	Cam Hauck	539	3	Jack Papa	525
4	Craig (Beller) Bell	538	4	Stephen Glenney	515
5	Lori Schaefer	533	5	Atlanta Diebel	509
6	Ryan Hadley	532	6	Jared Shantz	508
7	R. W.	530	T7	Hallie Dietrich	507
T8	David Murray	529	T7	Sophie Dietrich	507
T8	Bob Abbott	529	9	Kaden Eichler	504
T8	Emily Denard	529	T10	Cameron Langer	500
11	I. (Will) Winn	528	T10	Bennett Weatherup	500
12	Susan Honderich	527	T10	Paige Naumann	500
13	Dianne Brackenbury	526	T10	Lacey Egli	500
14	Josh McGrath	522	T14	Tanner Snyder	497
15	Kathy Skowron	521	T14	Easton Waechter	497
16	Debbie Snyder	520	16	Jordan Snyder	496
17	Helen Wilson	519	T17	Nash Ferguson	493
18	Dawn Travers	518	T17	Sawyer Johnson	493
19	Chris Murray	517	19	Olivia Lichti	492
20	Emma Gowland	516	T20	Brady Honderich	489
21	Scott Butchart	515	T20	Hudson	489
T22	Tony Straus	514	22	Justin Nelson	487
T22	Glenn Jones	514	23	Ayidn Carney	484
T22	Tim Shantz	514	T24	Jenny Huck	483
25	Adam Schmitt	513	T24	Logan Moore	483
26	Brad Wilson	512	T26	Madeline Lichti	482
27	David Connolly	510	T26	Sophia Quinn	482
28	Isaiah Ruby	509	28	Evan Bizony	477
T29	Jason Egli	508	29	Ryan Boronka	476
T29	Marylou Gingerich	508	T30	Nathan Huck	472

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



The leader of the Kids Hockey Pool is Dallas Egli, winning a gift certificate from Riverside Lanes.

(Sorry Ben, you can only take the monthly leader prize once... good luck for final standings!)

You Must Be Joking!!



Q: What do a fine wine and the Toronto Maple Leafs have in common?

A: They both spend a lot of time in the cellar, cost too much, and are only enjoyed on select occasions.

The other day when I was watching a boxing match on TV, a hockey game broke out!



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Hello sports fans—thanks for playing hockey with us! We had 420 hockey pool entries (348 adults and 72 kids) and you can start following your stats which are updated daily on the site. The Outlook draws the stats on the 7th of each month to determine the winners.

To follow the stats, log on to our website at www.badenoutlook.com click on *sports pool* and select *hockey*. Once in the site select *login your pool* (adult pool is *outlookhockey* and kids pool is *outlookkids*) and both pools have a password of *guest*. Have Fun and Good Luck!





It was a rare day to find these planets aligned!

Sports Six Trivia.

Answers on page 31

All right sports fans, let's see how smart you are! Last month we featured some sports trivia questions — here are a few more to challenge you! Most of them are Canadian based but we couldn't resist adding question number one, as hockey is a Canadian game, eh!

We left some space for you to write your answers.

1. In 1967 the NHL expanded from the original six teams (Montreal, New York, Toronto, Chicago, Detroit, and Boston) to 12 teams. Name the six expansion teams of that year.
2. Name six Canadian First Nation players who have played in the NHL over the years.
3. Name six Canadian players who have played in the MLB.
4. Name six famous Canadian male golfers.
5. Name six sports stadiums in Canada.

*Happy Family Day!
Have fun!*



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Baden Birding ~ Grey Jay - The Sequel By Frazer Gibson



If you have ever handfed a chickadee, then imagine the awe inspired by a robin-sized bird quietly gliding down to pick up food from your hand. The bird, softly feathered and coloured somewhat like a chickadee, is a Grey Jay. The Grey Jay was suggested by the Canadian Geographic Society to be Canada's national bird, and detailed by Wayne Buck in the previous issue of the Outlook. Since this bird has such a unique lifestyle, I felt a sequel was in order.



male, collects and stores food along with his parents throughout the summer and fall. He is likely to remain with them throughout the winter unless a neighbouring bird loses her mate. If he remains, he assists his parents in feeding next spring's fledglings. Sadly, most of the exiled siblings likely perish before winter. Occasionally one of the banished may be accepted in a nearby territory by a pair with no offspring of their own. It seems very unusual

Surviving a long, cold, boreal winter requires a number of vital actions on the part of Grey Jays. Like squirrels, the Grey Jay must store food for later use. Beginning in June and continuing into fall, they collect a wide variety of foods including seeds, berries, insects, carrion, and fungi. They mix each piece of food with a good portion of goeey saliva, produced in their unusually large salivary glands, and paste each morsel in its own secret location. These private storage crannies are often in coniferous trees, beneath loose bark or lichen, and high enough to be accessed even when the snow gets deep. Each pair of Grey Jays has a large territory of approximately one square kilometre which provides countless hiding places.

Another unusual behaviour of the Grey Jay is that it begins nesting in early March, usually laying 3 eggs in a well-insulated nest hidden in thick conifer branches with a warming southern exposure. Staying warm, incubating eggs, and relying on stored food to feed the hatchlings all create challenges in the cold boreal winter. Their young hatch and fledge even before most migrants return to the area. Adults limit their food deliveries to about one visit per hour while the young are still in the nest. Minimizing nest visits possibly helps conceal the nest from Red Squirrels, which are the foremost enemy of unfledged young.

By mid-June, when the young are old enough to feed themselves, a fierce rivalry develops between the young siblings and a few days later only the strongest juvenile remains in the parental territory. The victor, usually a

that parents would allow the expulsion of their offspring after having toiled to raise two or three young. This may be because the territory cannot support additional birds in the winter. It may be because young birds are less efficient at storing food and additional hungry mouths in the winter could jeopardize the survival of the territorial pair. Grey Jays are known to be very intelligent and are capable of remembering thousands of precise cache locations over a long period of time. Allowing the siblings to remain longer could put at risk the locations of thousands of caches. Although difficult to prove, these may be reasons for exiling juveniles so early each season.

Unlike migratory birds which require strong, stiff, thin feathers, the Grey Jay's feathers are wide and soft. Their thick, fluffy feathering includes long down segments insulating them against the biting cold winters of the Boreal forest.

The lifestyle of the Grey Jay may seem very regimented and challenging, but remaining in the cold north brings some unexpected benefits. Migrating songbirds often face annual mortality rates as high as fifty percent. Grey Jays have a much lower annual mortality rate at less than twenty percent, resulting in an exceptionally long lifespan (15+ years). They also keep the same mate for as long as they both shall live.

These friendly, inquisitive birds are remarkable inhabitants of fir and spruce forests, worthy symbols of the true north, strong and free.

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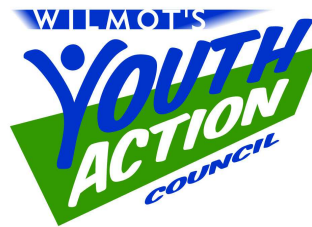


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Hi, my name is Sarah Rath and I am the co-chair of Youth Action Council this year.

The youth action council is coming at you with some fun YActivities. The YAC pack presents the SweetHeart Dance on Friday, February 10th, 2017.

Bring your friends and maybe that special someone to a fantastic night of dancing and food for grades 5-8 students. The dance will start at 7 pm at the New Hamburg Community Centre with a \$5 admission at the door. So come out and have a magnificent time at the SweetHeart Dance.

We also want to take a moment to introduce you to our March Event. It will be a mural contest to help spice up the Optimist Youth Centre to help make it a more *youth friendly* space. We will be advertising through the schools for grade 7 and up students interested in submitting a design. Canvas can be picked up in the Youth Centre starting *Wednesday, March 1st* through *Wednesday, March 15th*. *Submissions are due on Wednesday March 22nd at 8 pm.* in the Optimist Youth Centre.

We are also looking for some local artists or art lovers to be judges of the contest on *Saturday March 25th* at 2pm, with the winners announced at 3 pm.

If you are interested in submitting a design or being a guest judge please contact us at wilmotsyouthactioncouncil@gmail.com or on Facebook at Wilmot's Youth Action Council Page.



We're on the Web!

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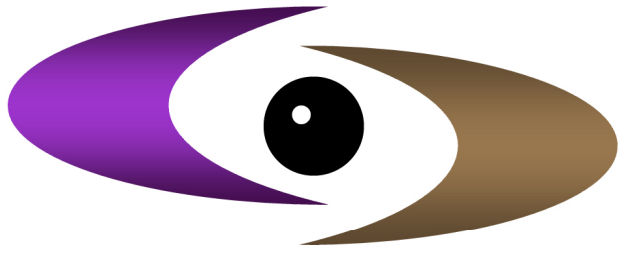
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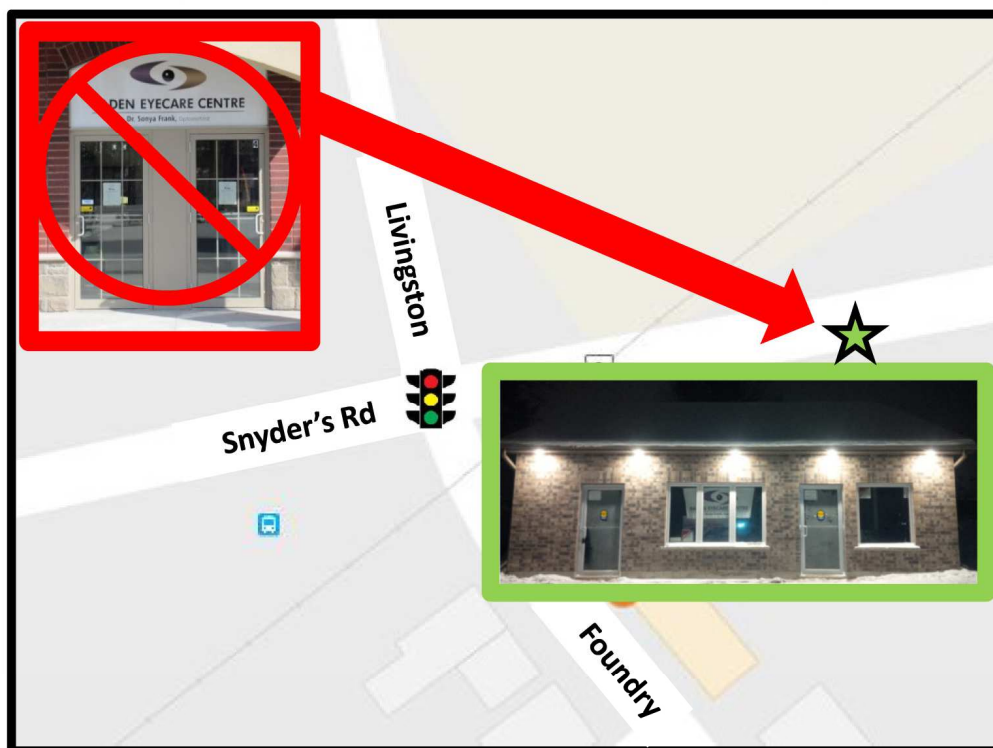
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Wow! More exciting destinations as *The Outlook* continues to travel ... to Punta Cana, Mexico, Niagara Falls and Jamaica!



Brad, Kristina, and sons Ben and Ayden Ziegler took their Baden Outlook along on vacation to Punta Cana.



Panta and Anka Mihailov took their Baden Outlook to Niagara Falls to celebrate Panta's 76th birthday.

Jim and Dianne Snider took their entire family and the Baden Outlook to the Grand Palladium Resort in Jamaica. This vacation was in celebration of their 50th Wedding Anniversary, August 27, 2016.



Lynda and Jim Veitch and Sandi and Dave Muir, all from Foxboro Green, took their Baden Outlook to the beach at Puerto Vallarta, Mexico.

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Join us this month in welcoming Patrick McCabe, R.M.T. to our team!

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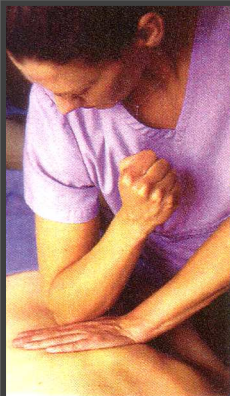


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Your Health ~ Vitamin D & Seasonal Affective Disorder

By Helen Steinmann, R.H.N., Holistic Nutritionist



At this time of year, from about late fall until late spring, many people can suffer from Seasonal Affective Disorder or SAD. This is due to low levels of UVB rays from the sun. We need the UVB rays, along with cholesterol our bodies produce, to activate the production of Vitamin D3 in our skin.



Vitamin D3 is actually a pro-hormone, specifically a potent neuroregulatory steroidal hormone, which our bodies naturally produce. It influences over 10% of our genes (approximately 3,000-24,000). For example, it affects the gene that gives us the ability to fight infection and inflammation. It also produces over 200 anti-microbes, one of which is cathelicidin, a naturally occurring antibiotic protecting us from colds and influenza.

7 Signs you may be Vitamin D3 deficient:

- * Darker skin- this alone can interfere
 - * Feeling "blue" or some level of depression
 - * Older than 50 years
 - * Overweight or obese
 - * Head sweats
 - * Achy bones
 - * Gut or abdomen troubles – if you have IBS, IBD, Chohn's, or colitis, your absorption levels can be lowered OR you have that condition because of Low Vitamin D3
- Blood test: Ask your doctor – money well spent

Symptoms of Vitamin D3 deficiency:

- * Bacterial and viral infections
- * Type 1 and Type 2 diabetes
- * Dementia
- * Cardiovascular disease
- * Arterial stiffness
- * Stroke
- * IBD – recent research has shown that there is a link between Vitamin D deficiency and Inflammatory Bowel Disease

Sources of Vitamin D3:

- #1. UVB Sunshine. The best exposure is during mid-day, 10 am to 1 pm. For fair skinned people, 10-20 minutes is adequate or until skin is lightly pink. For darker skinned people, 20-40 minutes since dark pigment filters the rays.
- #2. Egg yolk from free-range farm fresh eggs, approximately 2 eggs daily
- #3. Fatty fish such as wild caught salmon, tuna, sardines, 2-3 times a week
- #4. Cod liver (natural) oil.
- #5. Vitamin D3 supplement (Cholecalciferol) + K2

K2 is important to take with Vitamin D3, because it assists Vitamin D3's absorption into your bones to prevent or help Type 2 Diabetes, hyperglycemia, osteoporosis and cancer. Studies have shown that K2 + D3 together protect against cardiovascular calcification. It also keeps Calcium from being deposited in the wrong places, such as joints and arteries. So if you are taking a Calcium supplement, keep in mind that Vitamin D3 and K2 are necessary for proper utilization of Calcium.

Vitamin K2 in its natural form (MK-7) is found in fermented foods. You can find Vitamin D3 and K2 in a single product or along with Calcium.

Food Sources – listed as highest content to lowest

- *Natto* – a Japanese fermented soy product – choose organic or GMO free – only ½ ounce needed
- *Brie, Gouda, Edam cheese* – one ounce needed
- *Miso* – fermented grain paste, ½ -1 tsp mixed in a bowl of soup, stew or hot water (not boiled). DO NOT COOK – kills the beneficial bacteria.
- *Whole egg mayonnaise*
- *Lamb, duck, dark meat turkey*
- *Beef liver*
- *Kefir, sauerkraut*



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Fax: 519-662-2166
E-Mail: lydiastax@bellnet.ca

Hours: 9am-4pm Monday - Friday or By Appointment

You Must Be Joking!!



WHEN I SAY I'M BROKE! - I'M BROKE!

A little old lady answered a knock on the door one day, to be confronted by a well-dressed young man carrying a vacuum cleaner.

"Good morning," said the young man. "If I could take a couple minutes of your time, I would like to demonstrate the very latest in high-powered vacuum cleaners."

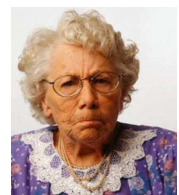
"Go away!" said the old lady. "I'm broke and haven't got any money!" and she proceeded to close the door.

Quick as a flash, the young man wedged his foot in the door and pushed it wide open.

"Don't be too hasty!" he said. "Not until you have at least seen my demonstration." And with that, he emptied a bucket of horse manure onto her hallway carpet.

"Now if this vacuum cleaner does not remove all traces of this horse manure from your carpet, Madam, I will personally eat the remainder."

The old lady stepped back and said, "Well, let me get you a fork, 'cause the hydro company cut off my electricity this morning!"



Submitted by Robert Price

"Keeping the Community Connected"

You Must Be Joking!!



A tomato family is walking down the street and baby tomato falls behind. Daddy tomato goes back and drags him along back to the family and says "Ketchup!"



New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

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Friday February 24, 6 pm Jiggs Dinner
Tickets \$15 advance

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AIR TRAVEL COMFORT TIPS



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



Comfort is not usually the first word that comes to mind when someone mentions flying. Sitting cramped in a small space for a long plane ride can also lead to muscle and joint pain. Here are some helpful tips for a more enjoyable voyage.

Choose the Correct Seat - Some airlines fill the plane from front to back, so ask for a seat in the back row to increase your chances of having an empty seat next to you. If the arm rests lift up, you might even be able to lie down. Aisle and emergency exit seats maximize leg room and are less claustrophobic. If you are susceptible to motion sickness, request a seat over the wings and try to schedule flights on larger airplanes.

Keep Moving - Moving around is good for your circulation and helps to prevent swollen feet and ankles. Wear loose clothing and walk about the cabin periodically every 60 to 90 minutes. Wear shoes you can slip off easily. Every so often, draw circles with your toes and contract your calves to help prevent blood from pooling in your legs. Tapping your feet can also help increase circulation and reduce the chance of muscle cramping.

Stretch it out - Try not to place anything under the seat in front of you so you can stretch your legs out. Quick and easy stretches also include standing up and raising your arms above your head, rotating your shoulders back and forth, and moving your head side to side.



Keep Good Posture While Seated - Position your lower back against the back of the chair to obtain the greatest amount of support for your spine. A rolled sweater or blanket can also be used for added support. Make sure that your weight is evenly distributed on your seat, your shoulders are not rounding forward, and you are not slouching. Support your neck and head with a pillow if necessary and avoid awkward positions if trying to rest or sleep. Try not to stay in one position for a long period of time.

Additional Tips

- **Eat Right** - Eat a light, non-fatty meal just before you leave for the airport. This can make handling turbulence a little easier.
- **Handling Pressure** - Chewing gum, yawning or sucking on hard candies can help to relieve the pressure that builds up in your ears as the airplane ascends and descends. This is not recommended for toddlers. For young children, sipping a drink may help.
- **Prevent Dehydration** - The air in most airplanes can dry out your skin and cause eye and nasal dryness. Take a moisturizer with you for your skin and wear glasses instead of contact lenses to prevent eye dryness. Drink enough water and steer clear of caffeine and alcohol as they further dehydrate you. Alcohol can also interfere with your ability to sleep.

In the event that you suffer from ongoing muscle and joint pain following your trip, you should contact a licensed health professional. For more information, visit www.nhwc.ca. The author credits the CCA in the preparation of this educational information for use by its members and the public.

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.



New Hamburg Wellness Centre

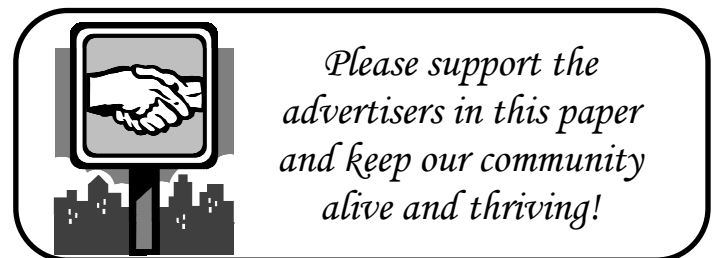
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Community Corner ~ Check Out What's Going On!

A Two Day March Break Program



Bethel Evangelical Missionary Church
1531 Bridge Street, New Dundee

Children JK - Grade 6
Tuesday & Wednesday March 14 & 15,
9 am-3:30 pm

Games, Activities, Stories & Music
Spaces Limited - Preregistration
Required. Visit our website
www.bethelnewdundee.org

Or email FunFactory@bethelnewdundee.org or
call 519-696-2278 ext. 224



Blood Donor Clinic

Monday, February 27, 5-8 pm

**Steinmann Mennonite Church
1316 Snyder's Rd. W. Baden**



Contact [tara.gutscher@blood.ca](mailto: tara.gutscher@blood.ca) to
book your group donation today!

Come enjoy many FREE indoor and outdoor activities on February 20th between 10 am and 3:30 pm. Activities include sledding, skating, pretzel-making, crafts, games, a campfire, bannock roasting and much more! Please bring your own outdoor equipment. Some activities are weather dependent.

Enjoy a hot lunch for \$3/person or bring a bagged lunch.

RSVP required – info@hiddenacres.ca or 519-625-8602.

Hidden Acres Mennonite Camp, 1921 Line 37, New Hamburg

A Women's Day ~ Saturday April 8th.

Waterloo District Women's Institute invite women of all ages to join them at Bethel Evangelical Missionary Church, 1531 Bridge Street W., New Dundee.

The day features Diabetes 1 & 2, Canada 150 Celebration, Notable & Fascinating Canadian Women.

The day includes a catered lunch and musical entertainment.
Come Wearing Red & White

Send registration to Eleanor Berry, 250 Country Hills Dr., Apt. 806,
Kitchener, Ont. N2E 3L9 or call 519-893-8775

Registration is \$35—after March 7th \$40

For more information contact Ruth Jones at 519-578-9876

TUESDAY, FEBRUARY 28, 5:00 – 7:00 p.m.

Shrove Tuesday Pancake and Sausage Supper at the Wilmot Recreation Complex. Sponsored by St. George's Anglican and Zion United churches and featuring homemade pancakes, locally produced sausages, applesauce, cider and maple syrup, and hot beverages.

There will be a pancake flipping race featuring Mayor Les Armstrong, Rev. Margaret Walker of St. George's and Rev. Tim Graham of Zion United.

Cost: \$10 adult; \$ 5 child (5-12 years); free under 5 years. For advance tickets call 519-662-9372.

Some tickets available at the door.

Proceeds to support local and international outreach projects.

T.O.P.S. ~ (Take Off Pounds Sensibly)

We are a support group for weight loss
Meetings are held on Tuesday evenings
St. James Lutheran Church, 66 Mill Street, Baden
Weigh-ins at 6:30 pm followed by a short meeting
For more information call 519-634-5129
Everyone Welcome.

WEDNESDAY, FEBRUARY 22, 7:00PM

The Nith Valley ECOBOOSTERS are a volunteer group committed to achieving and supporting a long-term healthy environment in Wilmot and Wellesley Townships. Our current projects include planning an anti-idling initiative and public education events focused on what actions each of us can take to help stop climate change. Join us at 7:00PM on Wednesday, February 22 at Zion United Church, 215 Peel Street, New Hamburg. For more information, contact nvecoboosters@gmail.com or call 519-662-9372.

New in the Neighbourhood?

If you are new in the neighbourhood, call us to receive your gifts and learn about your community.

Local Representative: Marlene Brenneman
Welcome Wagon Representative
519-591-5963 marlene.brenneman@gmail.com



Wilmot Optimist Family Fun Day

Sunday February 26, 1-4 pm

Wilmot Recreation Complex Community-Room

Games * Crafts * Face-Painting

Event is free but goodwill donations accepted

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supporting non-profit
community events*



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Upcoming Events

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



Special Events

Annual General Meeting & Appreciation Dinner:

March 9th, 2017

Annual Silent Auction:

Saturday April 29th, 2017

Ladies Night Out: Thursday, June 1



Safetalk Community Suicide Awareness Training
Free training for families and community members over the age of 15 to identify people who may be having thoughts of suicide and connect them with life-saving support. This workshop can be provided to interested local parties with a minimum group size of 12. Booked upon request
Cost: Free

Bereavement Support Program

Support groups for those who have experienced the death of a loved one.
Adults: Monday, March 20th from 7:00 to 8:30pm (8 weeks)
Cost: Free

Beyond I Do!

Preparation course for those entering into marriage or committed relationship
Start: April 7th 6pm-9pm & April 8th 9am-4pm
Cost: \$175 per couple—lunch and workbook Incl. (may be covered through benefits or health coverage)
Contact the office directly to discuss.

Cognitive Behavioural Therapy

Strategies to cope with stress and anxiety.
Dates: Spring 2017- dates to be announced
Cost: Free

Contact the office for additional program

information and registration

519 662-3092 or interfaith@golden.net



Special thanks to Expressway Ford for their sponsorships of our Ads

You Must Be Joking!! ...

... Nope, Really—It's True!



One evening a grandson was talking to his grandfather about current events. The grandson asked his grandfather what he thought about the shootings at schools, the computer age, and just things in general.

The Grandfather replied, "Well, let me think a minute, I was born before television, polio shots, frozen foods, Xerox, contact lenses, Frisbees, and the pill, but penicillin was 3 years old.

There were no credit cards, laser beams, or ball-point pens. Humankind had not yet invented pantyhose, air conditioners, dishwashers, or clothes dryers so the clothes were hung out to dry in the fresh air. Space travel was only in Flash Gordon books.

Your Grandmother and I got married first, and then lived together. Every family had a father and a mother. Until I was 25, I called every woman older than me, "Ma'am." And after I turned 25, I still called policemen and every man with a title, "Sir." Respect was evident. We were before gay rights, computer dating, dual careers, daycare centers, and group therapy.

Our lives were governed by the Bible, good judgment, and common sense. We were taught to know the difference between right and wrong, and to stand up and take responsibility for our actions. Serving your country was a privilege; living in this country was a bigger privilege.

We thought fast food was eating half a biscuit while running to catch the school bus. Having a meaningful relationship meant getting along with your cousins. Draft dodgers were those who closed front doors as the evening breeze started. Time-sharing meant time the family spent together in the evenings and weekends, not purchasing condominiums.

We never heard of FM radios, tape decks, CDs, electric typewriters, yogurt, or guys wearing earrings. We listened to Big Bands, Jack Benny, and the President's speeches on our radios. And I don't ever remember any kid blowing his brains out listening to Tommy Dorsey.

Pizza Hut, McDonald's, and instant coffee were unheard of. We had 5 & 10-cent stores where you could actually buy things for 5

and 10 cents. Ice-cream cones, phone calls, rides on a streetcar, and a Pepsi were all a nickel. And if you didn't want to splurge, you could spend your nickel on enough stamps to mail 1 letter and 2 postcards.

You could buy a new Ford Coupe for \$600, but who could afford one? Too bad, because gas was 11 cents a gallon.



In my day 'grass' was mowed, 'coke' was a cold drink, 'pot' was something your mother cooked in, and 'rock music' was your grandmother's lullaby. 'Aids' were helpers in the Principal's office, 'chip' meant a piece of wood, 'hardware' was found in a hardware store, and 'software' wasn't even a word.

And we were the last generation to actually believe that a lady needed a husband to have a baby. No wonder people call us 'old and confused' and say there is a generation gap.

"How old do you think I am?" I bet you have this old man in mind. If so, you are in for a shock! Read on to see -- pretty scary if you think about it, and pretty sad at the same time.

This man would be only 70 years old, and born just before the end of World War II in 1945.

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'TIS THE SEASON OF ICE AND SNOW

It's a fact that we must deal with snow, and it's best if we do it as soon as it falls. Leaving it to build up only creates icy conditions that are treacherous for falls and accidents of all kinds. There are many ways to clear snow and ice without harming our environment. It is winter but you can stay green!

Problems With Salt

- * Excess salts build up in the soil, just as do chemical fertilizers.
- * Salt residue prevents plants from absorbing moisture and nutrients.
- * Salts can leach heavy metals, which eventually make their way into water supplies.
- * Salt on grass or sidewalks close to roads can attract animals, which may be hit by cars if they're licking the salt from the ground.
- * Plus, salt can burn our pets if it lodges in their paws.

Yes, salt does effectively melt snow. But is there a better way?

Eco-Friendly Ways to De-Ice Your Driveway

- * **Shovel Snow:** Minimize snow and ice by shoveling, and the sooner after snow stops falling, the better. If shoveling is too challenging for you, pay a neighborhood kid a few dollars to help.
- * **Go Electric (if you must):** If you prefer to use a snow blower, get an electric model. Gas-powered blowers generate a lot more air and noise pollution.
- * **Get a Grip:** Scatter sand or even birdseed for traction. The grains won't melt snow or ice, but they will give you more grip on icy surfaces.
- * **Home-made solutions to melt the ice:**
Here's a simple 3-ingredient recipe:
-1/2 a gallon of warm water
-6 drops of liquid dish detergent
-2 ounces of rubbing alcohol
Mix together in a jug, pour the mixture onto your icy patches, and watch the hazard melt away.
- * **Rubbing alcohol:** Perhaps not as effective as salt where ice melt is concerned, but certainly not as toxic or harmful either. Rubbing alcohol or Isopropyl alcohol has a freezing temperature point at about -20 degrees Fahrenheit which slows the freezing process of water in ice and snow.

Other ice melting products are available but can be harmful to the environment, children, and pets, so be sure to read the label. Many of the pellets you put down on the driveway to melt the ice contain chemicals that are considered to be nontoxic if used correctly but are still just as harmful as salt. Children and pets are especially at risk because these products heat up— some to 175 degrees to break the ice away from the driveway. Pets can get the pellets stuck in their paws and end up burnt, or worse, ingesting them. The same is true for children. Anything you track onto your carpet can end up in children's eyes or mouths.

Waterloo-Oxford D.S.S. has Much to be Proud of!

Congratulations to Amy Darkes of Waterloo-Oxford District Secondary School for winning the 2017 Pink Shirt Design Contest! Amy entered The Waterloo Region Record and The Newspapers in Education contest to design the 2017 Pink Shirt Logo and created the winning entry. Amy's design and signature are on this year's Pink Shirt Day T-Shirt and, as the contest winner, Amy received Rangers tickets, a 1 year Waterloo Region Record Membership, \$200, and more!



against bullying everywhere.

Purchase your pink shirt with Amy's design and wear it on February 22nd, 2017. Proceeds of all t-shirt purchases go toward WAYVE. Wellness Acceptance Youth Voices Empowerment (WAYVE) is a mental health awareness and bullying prevention group focusing on youth leadership and community building in Waterloo Region.

Pink Shirt Day was started in 2007 when two high school students in Nova Scotia witnessed a grade 9 boy being teased for wearing a pink shirt. This story initiated Pink Shirt Day which has now become an annual event to stand

Shirts are available to be purchased (starting January 17th, 2017) at the following locations:
The Record-160 King Street East, Kitchener,
Plato's Closet- 700 Strasburg Road, Kitchener

WODSS News

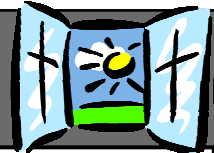
Waterloo-Oxford is proud to announce that we have joined Best Buddies Canada. Best Buddies is a friendship program that connects individuals with intellectual challenges to a peer. Our student volunteers are matched with those who have an intellectual disability, so that they may share similar interests and get together on a regular basis.

The goal of Best Buddies Canada is that it "gives people with intellectual disabilities the chance to have experiences which most people take for granted – going for hot chocolate, out to a movie, or simply enjoying the company of a good friend." We look forward to the connections and community that our students are building in our school!

If you would like more information about this program at WODSS, please contact our Staff Sponsor, Kathryn Jacklin.

Local Churches Invite You to Join Them

Please visit www.badenoutlook.com for a directory of local churches.



West Hills Fellowship

Sharing space at St. James Church, 66 Mill Street, Baden ON

Pastor Sean East / pastor.westhills@gmail.com
 519-634-4993 office.westhills@gmail.com

Sunday School 9 am, Fellowship 10 am, Worship 10:40

SHANTZ MENNONITE CHURCH

2473 Erb's Road, Baden, Ont N3A 3M3

Phone: 519-634-8712 / Email: office@shantzmc.ca

Pastor: Don Penner

Worship Service - 9:30 am Christian Education - 11:00 am

ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden ON

519-634-5191 joanna.e.miller@gmail.com
 Pastor Joanna Miller

Sunday Worship 9 am / Sunday School

Wilmot Mennonite Church

2995 Bleams Road, New Hamburg, ON

Worship Service 9:45 a.m. ~ Christian Formation 11:45 a.m.

Pastor Susan Allison-Jones

519-634-5030 www.wilmotmennonite.ca

Livingston Presbyterian Church

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am
 Moderator: Linda Ashfield, 519-886-4150

Wilmot Centre Missionary Church

2463 Bleams Road—corner of Bleams & Sandhills Road

Services at 9 & 11 am, Children's Worship 11:15 am
 Rev. Wayne Domm, Dr. Rob Gulliver, Youth Director Jason Erb

519-634-8687 www.wilmotcentremc.ca

Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511 www.petersburgchurch.org
 * Wheel Chair Accessible *

Worship Service 9:30 am / Sunday School

Steinman Mennonite Church

1316 Snyder's Rd. W. (at Nafziger Rd), Baden

Sunday Worship 9:45, Sunday School 11:00 am

Phone: 519-634-8311 / www.smchurch.ca

Keeping Warm Around the World

Many of us have a love-hate relationship with winter. You may be the one who loves the first snowfall when everything looks so peaceful and clean, or maybe you love the winter activities for the whole family. You may love walking and breathing in the fresh cold air that makes you feel so alive and enjoy the warmth that a hot drink gives on those cold days. On the other hand, you may not enjoy the freezing conditions that make our daily routines more challenging for getting out of bed, having a shower, driving to work or school, and meeting friends. You may not be a fan of shorter and darker days that sometimes affect our mood and energy levels.

Whatever winter feels like to you, the New Hamburg Thrift Centre wants to help you to find affordable items for all your needs. If you are staying local, we have skates, winter wear, lots of books, comforters, and housewares to make any room cozy. But, if you are planning an escape south to warmer, sunnier latitudes, visit our "Going South" display which includes bathing suits, hats, dresses, sandals, and everything for fun under the sun!

Definitely, the best warmth you can feel is to know that your purchase supports many people around the world. Here are the top 9 MCC stories of 2016:

1. *Life of Pi* author offers home to Syrian family: Yann Martel is known to many as the author of *Life of Pi* – an international best seller. But at MCC Saskatchewan, Martel is also known as the man who welcomed a Syrian family of six into the home he owns in Saskatoon.
2. Goats, hope, and drought: Former CBC journalist Julie Bell travelled deep into the Ethiopian desert to see how pastoralists are adapting to the worst drought in 50 years, and see the difference MCC support makes.
3. An opportunity to make things right: When 16-year-old Jessica could have faced legal consequences for eating a pot-laced brownie, an MCC-supported restorative justice program gave her a second chance.
4. "Yesterday we lost everything": When Hurricane Matthew struck Haiti, MCC staff were on the ground right away providing emergency relief while also planning our long-term response.
5. Hutterite colony decided to sponsor a refugee family: When Paul Waldner and several others from Green Acres Colony signed up for refugee sponsorship in January, a Syrian family of four arrived a month later.
6. Animals of MCC: Animals are good for more than just cute pictures on the internet. Around the world, cows, chickens, rabbits, and goats are making a difference in people's lives.

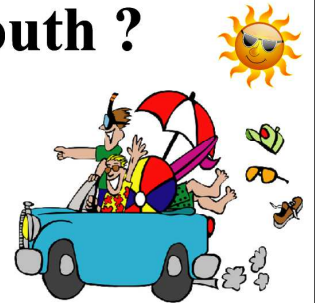


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Sat	9:00 am - 4:00 pm

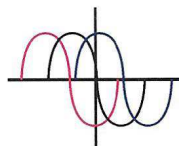


All proceeds benefit the work of Mennonite Central Committee

7. How digging half-moons helps farmers in Burkina Faso: In fields in Burkina Faso, digging half-moon shapes into the soil can make the difference between affording school fees or not.
8. 25 years of MCC in Syria: On June 26, 1991, Roy Hange stepped onto a plane, leaving for a four-year term in Syria. With your support, the program has grown from one English teacher near Damascus to our largest humanitarian response in history.
9. How comforters get made: For people who have been displaced, an MCC comforter provides a warmer place to sleep. It can also be a symbol that someone is thinking of them. To read the full version of any of these stories visit <https://mccanada.ca/stories/top-9-stories-2016>

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Answers to Canadian Inventors Trivia Quiz from page 11

Insulin (as a diabetes treatment) -	invented by Frederick Banting in 1922
Superman -	created by Canadian-born artist Joe Shuster & American writer Jerry Siegel in 1932
Basketball -	invented by James Naismith in 1891
Standard time -	introduced by Sir Sandford Fleming in 1878
AM Radio -	invented by Reginald Fessenden in 1906
The snowmobile -	invented by Joseph-Armand Bombardier in 1937
The snowblower -	invented by Arthur Sicard in 1925
SONAR -	invented by Reginald Fessenden
The alkaline battery -	invented by Lewis Urry in 1954
The garbage bag -	invented by Harry Wasylyk in 1950
The Robertson screw -	invented by P.L. Robertson
The pager -	invented by Alfred J. Gross in 1949
Peanut butter -	first patented by Marcellus Gilmore Edson in 1884
The telephone -	invented by Scottish-born inventor Alexander Graham Bell in Brantford, Ontario
The BlackBerry -	invented by Mike Lazaridis
Canada Dry Ginger Ale -	invented by John J. McLaughlin in 1907
Yukon Gold potato -	invented by Gary .R. Johnston in 1966
Egg carton -	invented by Joseph Coyle of Smithers, British Columbia in 1911
The paint roller -	invented by Norman James Breakey



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- Treatment done in office/limited referrals

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Your beautiful, healthy smile is our priority!



visit us @ communitydentalgroups.com

Answers from Sports Trivia Quiz from page 15

1. Pittsburgh Penguins, Philadelphia Flyers, St. Louis Blues, Los Angeles Kings, Minnesota North Stars, and The California Golden Seals.
2. George Armstrong, Craig Berube, Jonathan Cheechoo, Shane Corson, Theo Fleury, Stan Jonathan, Reggie Leach, Ted Nolan, Carey Price, Chris Simon, and Bryan Trottier.
3. Ferguson Jenkins, Larry Walker, Joey Votto, Justin Morneau, Russel Martin, George Selkirk, Jason Bay, Matt Stairs, George Gibson.
4. Mike Weir, George Knudson, Moe Norman, Richard Zokol, Stephen Ames, Stan Leonard, Gary Cowan, and Dave Barr.
5. Commonwealth Stadium, Olympic Stadium, BC Place, Rogers Centre, McMahon Stadium, Investors Group Field, Mosaic Stadium, BMO Field, TD Place Stadium.

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



Monday to Friday 9 am - 5:30 pm
Saturday 9-4:30 / Sunday - Closed

ONLY IN CANADA



If not for erratic Canadian weather, we wouldn't know how to start a conversation!

Canadian winters can bring it on but we are so clever—we use our car mats for traction when we get stuck!



Dad hands his teenager a snow shovel and says, "Sorry son, there is no app for that!"

Whoever said, "Do the job right the first time and you won't have to do it again," never shovelled their sidewalk in Canada!



Parents create all kinds of elaborate stories to tell young children where babies come from, but in Canada...



Yes, it's winter in Canada where gentle breezes blow, at 80 kilometers an hour at 35 below. But we sure do love Canada when the snow's up to our butt, and breathing in the winter air freezes our nose shut. So as we agree the weather is grand and we choose to stick around, we couldn't leave anyway because we're frozen to the ground!



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A PLAY ON WORDS

written by
Dr. Jofin F. Does

An overly eager friend told Ned the same joke 7 days in a row, but Ned just didn't get it. The pair agreed that it was a "week" attempt at humour.

Ned was contemplating the concept of cloning. He playfully mentioned to his wife that as a Valentine's treat to himself, he wished he could clone 5 of that cute pop-star who sang "Sk8er Boi."
"You do that," MaryLou said,
"You can call them Sevril Lavigne."

Chatting with a friend about Valentine's plans, Ned playfully boasts of endowment within earshot of his wife. MaryLou simply exhales loudly while rolling her eyes, completely debunking his claim without uttering a single word....thus ending the debate that Sighs Matter.

More Fun with Words!

Lexophile is a term used to describe those who love to play with words, such as, "You can tune a piano, but you can't tuna fish;" or "To write with a broken pencil is pointless." Apparently there is a competition to see who can come up with the best —here are the latest.

- ... A will is a dead giveaway.
- ... With her marriage, she got a new name and a dress.
- ... A boiled egg is hard to beat.
- ... When you've seen one shopping centre you've seen a mall.
- ... Police were summoned to a daycare centre where a three-year-old was resisting a rest.
- ... Did you hear about the fellow whose entire left side was cut off? He's all right now.
- ... When the smog lifts in Los Angeles U.C.L.A.
- ... The batteries were given out free of charge.
- ... A dentist and a manicurist married. They fought tooth and nail.
- ... A thief who stole a calendar got twelve months.
- ... A bicycle can't stand alone; it's just two tired.
- ... When she saw her first strands of grey hair she thought she'd dye.
- ... The guy who fell onto an upholstery machine is now fully recovered.
- ... Acupuncture is a job well done. That's the point of it.
- ... Those who get too big for their pants will be totally exposed in the end.

Submitted by Jean Shantz



"Jon has helped us sell 2 of our houses and to buy 1. He has become a friend of our family whom we can trust with an honest opinion. If you are buying or selling your home Jon is a great real estate agent that we highly recommend."

Joanne & Jeremy Marchildon



RE/MAX Agent Jon Lambert Earns Hall Of Fame Award

"Jon's tireless dedication to serving his clients, consumers and community has allowed him to achieve this high honor," said Dave Liniger, Chairman of the board/CEO of RE/MAX. "Winning this award is a significant accomplishment and we're extremely proud that Jon is a member of the RE/MAX Network and continues to raise the bar in real estate."

Jon Lambert – Sales Representative
519-897-1507 – jonlambert@remax.net

Kerilynn Mathers – Sales Representative
519-897-1786 – kerilynn@lambertgroup.ca

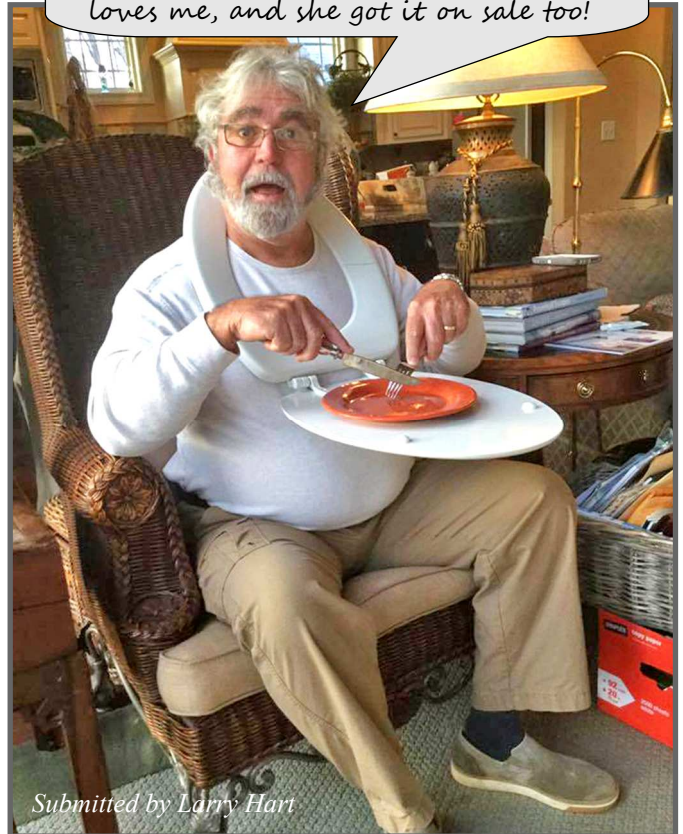
And yet... More Fun with Words!

Change the letters around and see ...

- ◆ **THE EYES:** rearrange the letters — **THEY SEE**
- ◆ **GEORGE BUSH:** rearrange the letters — **HE BUGS GORE**
- ◆ **THE MORSE CODE:** rearrange the letters — **HERE COME DOTS**
- ◆ **DORMITORY:** rearrange the letters — **DIRTY ROOM**
- ◆ **SLOT MACHINES:** rearrange the letters — **CASH LOST IN ME**
- ◆ **ELECTION RESULTS:** rearrange the letters — **LIES - LET'S RECOUNT**
- ◆ **SNOOZE ALARMS:** rearrange the letters — **ALAS! NO MORE Z'S**
- ◆ **A DECIMAL POINT:** rearrange the letters — **I'M A DOT IN PLACE**
- ◆ **THE EARTHQUAKES:** rearrange the letters — **THAT QUEER SHAKE**
- ◆ **ELEVEN PLUS TWO:** rearrange the letters — **TWELVE PLUS ONE**

Submitted by Bruce Bousher

Hey Mate—I got the best Valentine's Day gift ever... Yup, I'm really enjoying my new tv tray. My gal, she really loves me, and she got it on sale too!



Submitted by Larry Hart

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TRAILS CLOSED ~ VIOLATION OF THESE SIGNS IS A CHARGEABLE OFFENCE

In a recent meeting with the Waterloo Regional Police force, trail enforcement was discussed. In the past, enforcement was mainly done on the trails with several police snowmobiles. At this year's meeting we talked about officers being able to stop snowmobiles from the trail road ways crossings. WRPS will also be addressing aftermarket exhaust systems that exceed the noise levels. This is of great importance in housing development areas. As a rider, you have seen signs that read Quiet Zone.

The rest of this article is literature that I hand out while patrolling.

WHY DO WE CLOSE TRAILS:

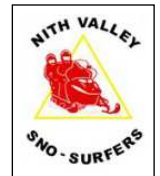
1. SAFETY REASON: Trails need to be inspected and passed at the beginning of the season. After that, periodic inspections are completed. If any trail issue because of culvert/water/plowed fields may cause a safety issue, the trails need to be closed. The OFSC/Local snowmobile Club/Landowners and yourself do not need to experience an accident with personal injury. Ride Safe.
2. CROPS: Crop damage is a big concern. Certain crops need snow cover to avoid damage to the crop. Corn stalks are not as easily damaged but can be destructive to your snowmobile. Alfalfa can be damaged even with snow cover, while winter wheat needs snow cover to eliminate minimal damage.

3. LANDOWNERS: Landowners are a very important link to our trail system. Without them the OFSC trail system would end. Some Landowners own the land but rent it to others who use it to grow crops. The crop owner may not be in the OFSC program and only has concerns for their return in investment. A crop owner can have a strong voice in the Landowner's decision to continue in the program. Landowners need respect and a word of appreciation. I have had Landowners tell me that it's an insult to them to see snowmobiles using the trails when they are clearly marked CLOSED.

4. TRAILS: Once a trail has been built for the season, it's important to protect the trail base. The first step is land levelling and grooming before the trails open. Letting the frost penetrate into the ground only helps the new trail last longer. With each rain and mild temperature that we get, the snowmobile traffic deteriorates the base. Therefore we close the trails to help protect them. Riders who disobey the Trail Closed signs speed up the breakdown process of the trails. Then we potentially could be back to starting all over. Sometimes it takes longer to rebuild a safe and enjoyable ride.

Remember: as much as we all have different thoughts and ideas as to what determines an open trail, in the end it may come down to the Landowner's decision and the permission they have granted us.

*Respect the landowner's wishes.
Ride safe and obey signage.*



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Wilmot Horticultural Society

Every gardener knows that under the cloak of winter lies a miracle ... a seed waiting to sprout, a bulb opening to the light, a bud straining to unfurl. And the anticipation nurtures our dream. --Barbara Winkler

Continuing to celebrate Canada's 150th birthday, I will feature another native tree, our provincial tree, the Eastern White Pine (pinus strobus, Zone: 3 to 8). This is my favourite pine. I love the green or blue/green soft needles and the sound of the wind blowing through the tree... a soft whooshing sound. It has slender needles that are 6 to 12 centimetres long. It's easy to recognize the Eastern White Pine



because its needles grow in bunches of five. The Eastern White Pine's cones are 8 to 20 cm long and they hang down from the branches. Good seed crops aren't produced until trees are 20 or 30 years old, and then only every 3 to 5 years. Its bark is dark greyish brown with broad thick ridges that are 2 to five centimetres thick. It grows quickly to 40 meters and best with full sunlight. Young trees can tolerate some shade. It is an easy tree to grow and tolerates different moisture levels. The White Pine grows in any soil type but prefers sand or sandy loam and sun. In windy locations it can become a bit lopsided, but in time will look similar to the wind sculpted jack pines in the Group of Seven paintings!

In colonial times, these tall trees were used to make masts for the British Royal Navy ships. White Pine continues to be a valuable commercial timber tree. Its wood is used to produce furniture, cabinets, lumber, and pulp. White Pine is frequently planted in reforestation projects. The seeds of White Pine are eaten by birds and small mammals and, in dense groupings, trees can provide shelter for birds and wildlife, especially owls.

Don't have a lot of space? I discovered there is a column White Pine that I have since planted to create a hedge in my yard, Pinus strobus 'Fastigiata'. A visit to Whistling Gardens offered me my first sight of this cultivar. I wanted an alternative to a cedar hedge and was thrilled to find this tree (also available at John's Nursery). There is a White Pine or pinus strobus for you in all kinds of sizes from miniature and globe shapes. Whistling Gardens has almost 60 cultivars in various colour foliage and shapes and sizes. Some of our local nurseries carry the globe and weeping versions.

WHS's upcoming meeting is March 13th, 7:30 pm, **New Thrillers, Spillers and Fillers for 2017. Speaker: Thelma Kessel of Colour Paradise** will share what's new for 2017, introducing new annuals, perennials, herbs, vegetables, and flowering shrubs. **Wilmot Recreation Centre, upstairs in Meeting Room A, 2nd floor.** Free meeting, 50/50 draw (bring a loonie or toonie), door prizes and social with tea/coffee with snacks.

Come to a fun day: **Spring into Spring** Garden Explosion, Saturday, March 18, 9:00 AM – 3:00 PM
New Dundee Community Centre, 1028 Queen Street, New Dundee; speakers, hot lunch, silent auction, market place.
Cost: \$40 (\$45 after Mar. 12) Contact: judyrivers95@gmail.com See our website for more details.

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