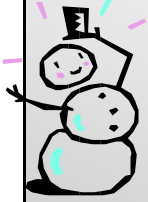
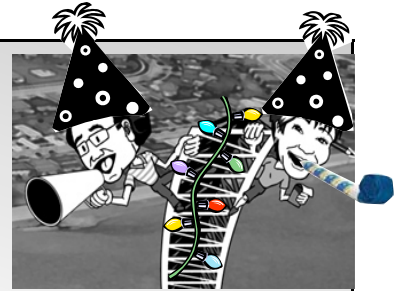


JANUARY
2013!

Happy New Year!
from the



Baden Outlook

Serving the GBA since 2000 with 2850 copies in circulation!

VOLUME 13, ISSUE 6



Baden Corn Festival

2013 is going to be Baden's year ... as we rev up to this summer's first annual Baden Corn Festival!

... And it's time to get ready for a year to remember!



The Baden Community Association is thrilled to announce the first annual **Baden Corn Festival**, an outdoor food and agricultural festival that will take place throughout the streets of Baden—and will “wow” your taste buds! —on Saturday, August 10, 2013.

And “wow!” is right! Like Wellesley's Apple Butter and Cheese Festival and Elmira's Maple Syrup Festival, the Baden Corn Festival promises to become our town's signature event: a day-long outdoor festival boasting dozens of food vendors, entertainment and music, children's activities, a firefighters' pancake breakfast, and heritage agricultural displays. *See story on page 7*



Yes, It's Winter! So Get Out and Have Fun!!

Winter...It's not going away any time soon, so we may as well make the best of it. This picture of a snow fort was sent by Katie Fisher, showing us their idea of

Saturday night entertainment. Somewhere nearby is the snow-made beverage cooler along with outdoor lights and music playing. It wasn't long until the neighbours joined them, and the kids are now delighted with their new play space.

We know it's healthy to be outdoors but what to do to endure the cold? Get creative and email us your creative outdoor play. A great way to connect with your neighbours and play with your kids!



This paper is priceless - Please have one!

Talking with Ed

~ Random Thoughts



Run on Demolitions – November and December saw demolitions in Baden—and both demos were historical in nature. First, the Centennial Hall which was built in 1967 came down the last two weeks of November. The building at the corner of Mill and Beck Streets once housed the township of Wilmot offices and a hall in the basement that was used by many local groups including TCP, Baden Optimists, scouts, and seniors groups and held many functions serving Baden. It was also home of Waterloo Regional Library Headquarters during the eighties.

Jacob Beck built a Wilmot Township Hall in 1858 in Baden, Ontario, to house the Fifth Division Court of the County of Waterloo. The timber frame structure with clapboard siding and twelve windows was one of the most important public buildings in a growing community. Here, an elected council met once a month to deal with issues of local government. As well, the circuit judge presided over court regularly to settle small claims, contract disputes, and property rights issues. The building was moved to Black Creek Pioneer Village in 1967 and restored in 1970. The Beck Street Centennial Hall had replaced that building. The Centennial Hall property will remain as a vacant lot serving as extra parking for the downtown core and the Wilmot Seniors Workshop.

The second set of buildings that was demolished was the Herner Wood property. The original building was built in the early 50s and there were many out-buildings added over the years. The HERNERS provided building materials, household products, and custom work to Baden and beyond. The extent of the actual property is surprising.

One Ringy Dingy—It's the Mayor calling – Over the last few months the township has been trying to get input from Wilmot residents to update their long term strategic plan. There have been four meetings held in New Hamburg, Baden, St. Agatha, and New Dundee, with most having poor attendance! The Mayor has decided to create the township's first ever telephone town hall meeting, which will be held on January 29th at 7:00 p.m. He is inviting all residents to call in at 519-634-8519 extension 430. This is your opportunity to shape our township and have your say, all from the comforts of your home. Come on Wilmot, we know you have an opinion! Dial in and let your voice be heard!

Where's the White Stuff? —We've seen above-average temperatures again this past fall with our first good dumping of snow happening on Boxing Day (we had a slight dose of winter the last week of November). It must be rough for many industries that count on a substantial snowfall for their livelihood. Ski hills, snowmobile dealers, and snowplow operators all suffer with these below average snowfalls. Last year had to be a record! As many may rejoice at this turning winter trend, there are folks who do enjoy the outdoors during this colder season.

Another Fizzler—We know the end of the world never happened as predicted by the Mayan calendar (luckily). It brought back memories of the hype that the Y2K scare brought at the turn of the century. I recently saw a cartoon of two Mayans—one saying, "Why don't you stop for a beer" and the other one (who was working on the calendar) saying, "Okay—I guess it doesn't matter if I finish this calendar." *Ha ha!*

The Numbers Are In—Andrew at the township office has updated the population stats for the township and Baden's population over the last year has increased by (*drum roll please*) ...151. That means our new population of Baden stands at 4,653. Check out the full Wilmot Township population stats on page 23.

Optimism Abounds —As each new year approaches, I look back at the last and realize all that has happened and ponder what's ahead. I look forward to the new year and feel especially optimistic. There is much to look forward to: a few close weddings coming up this year, fun vacations to plan, many new things in town are in motion, and many challenges of all sorts have been worked through—and that leaves me feeling good! I hope you too are feeling well, and excited about the upcoming new year!

Until next month ...Ed

Barry and Pat Fisher
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Baden, ON N3A 2V6
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Web: www.badenoutlook.com



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Greetings from Outlook Headquarters

W hew...here we are—2013! Hats off to all of us for getting through the busy Christmas season!

I hope you enjoy your new 2013 Outlook calendar featuring the aerial photographs. We plan to feature a photo in the paper each month so you can see more of Wilmot from above.

For those who did not get one, they are available through the month of January at both Baden Eyecare Centre in the Baden Square, and at Mars Convenience store on Snyder's Road.

We were anxiously awaiting the outcome of the hockey strike in hopes of putting together the Outlook Hockey Pool, but at this late date it will be too tough to get the registration forms out and have them back in time to enter them all for the February issue. It takes several days to enter over 500 hockey pool forms. Let's hope for a better season next year and we regret if we may have lost some of our sports fans from reading the paper without the monthly stats to check on!

We put our heads together (*all 2 of them*) trying to come up with something else fun and interactive to do with our readers, but over time we've seen poor response from any challenges, invites, or contests. However, we would like to urge you to get outside and compete with your neighbours in a snow fort or snowman building competition. It doesn't really matter if there is a winner, although we'd love to spoil someone with a Baden Outlook sweater if the first one dares to email us a picture of their snow creation! Or imagine that we all built snowmen on our front yard, dressed warmly and waving, so that while driving down the street it looks like we have personal town greeters!! Oh that would be so much fun! Okay, call me silly—I won't argue with that... till next month.



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

EXTRA EXTRA!!!

You'll find the Baden Outlook around the 15th of each month, while quantities last. It is available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Livewell Clinic, Wilmot Rec. Centre, Tim Hortons, Baden Library, EJ's, Seasons Grande, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

You will also find it at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg), and Foxboro. Over 30 places in New Hamburg—including No Frills, Sobey's, Short Stop, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, New Hamburg Library, and various offices and retail locations throughout Wilmot.



~ And as always, It's Priceless ...

Please Have One!



Baden Firefighters Association



Annual Fundraising Dance

Saturday January 26, 2013

8:00 pm - 1:00 am

**St. Agatha Community Center
Cash Bar, Cold Buffet, DJ**

**Tickets \$10.00 in advance from any
Baden Firefighter or Call 519-501-6631**

Tickets also available at the door.

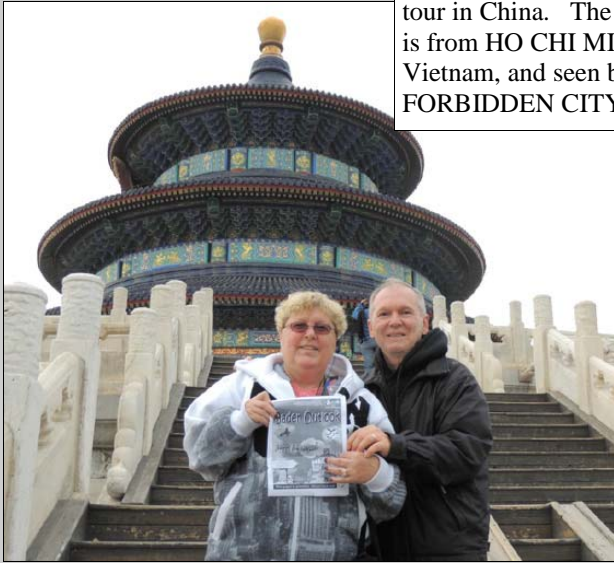
Proof of Age required.

*Grand River Transit Bus rides
back to Baden - \$5 in advance*



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

Peter and Diane took the Baden Outlook along on their 30 day tour in China. The photo (right) is from HO CHI MINH City, Vietnam, and seen below is the FORBIDDEN CITY in Beijing.



Elaine and Terry Tweedle of New Hamburg took their Outlook to Riverwalk, New Orleans



Sean & Deanna Carney took the Baden Outlook to the Dallas Cowboys game in November in Arlington, Texas. The Cowboys won in OT—Way to go!

Going away? Don't forget to take the Baden Outlook along for the fun!!



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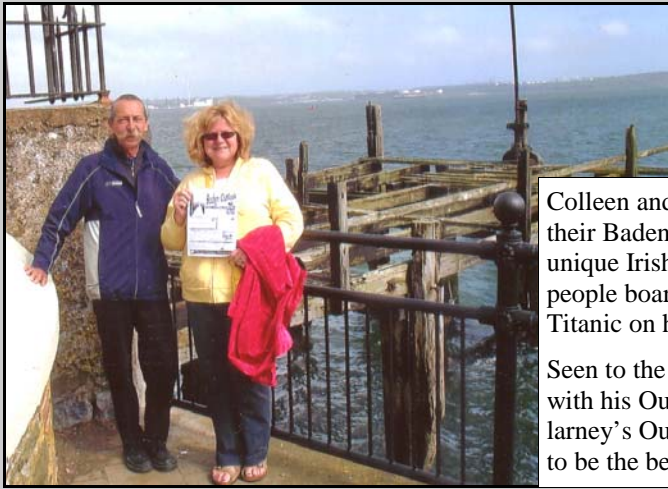
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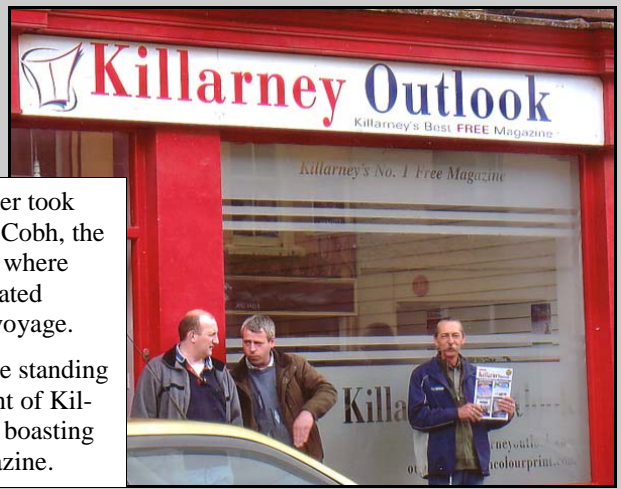
Service Manager
Danny Shantz
dannyschantz@badenauto.ca

....To Ireland, New Orleans, China, Cabo San Lucas, and Texas!



Colleen and Dave Herner took their Baden Outlook to Cobh, the unique Irish Port Town where people boarded the ill-fated Titanic on her maiden voyage.

Seen to the right is Dave standing with his Outlook in front of Killarney's Outlook office boasting to be the best free magazine.



Jason and Leighann Daer, Shannon and Jared Snyder, Scott and Lindsay Leis, Tom and Shelley Zurrell, Doug and Sherry Hohl, and Travis and Amelia Baier took their Outlook along to celebrate the *Daers' Anniversary* in beautiful Cabo San Lucas, Mexico.

They all dressed up for Halloween and had an amazing trip!



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Baden ~ Our Town

The Baden Community Association will be hosting a Family Day event at the Wilmot Recreation Complex on Monday, February 18, 2013. The event will be from 1 to 4 p.m. and will coincide with the free swim and skate put on by Wilmot Township. Come upstairs to the large community room for some free drinks and snacks. There will be costumes to dress up the family for a portrait and a photographer will be on hand so everyone can have a free digital photograph.

Once again the BCA will be teaming up with Tim Hortons for a town clean-up day on Saturday, April 20th at 10 a.m. Please mark your calendars and come out for some refreshments, prizes and a chance to meet your neighbours.

The next meeting of the BCA will be held on January 23rd at 7:00 p.m. in the basement of the township offices. Everyone is welcome to come out and contribute to their community. The BCA is on facebook and we now have a Cornfest website up and running at www.badencornfest.ca. Be sure to check page seven of the Outlook to learn more about the Cornfest.



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

Enjoy the free swim and skate on Family Day, courtesy of Wilmot Township.

While at the Rec Centre, continue the fun and bring the family to enjoy free food and drinks.

Dress the family up in costumes, and a photographer will be available for a free digital photo!!



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Dr. Sonya Frank, Optometrist

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

Announcing the Baden Corn Festival: Ontario's Newest Summer Food Festival!

Story continued from front page...

Oh, and here's the best part: the day will end in a corn roast supper featuring local food, followed by a street dance with Celtic rock band Fiddlestix rocking Baden into the night. It's a day that will promote local food producers and restaurants, highlight Baden as a tourist destination, and will be a significant fundraiser for community projects.

Sound exciting? It will be, and not just for Baden and Wilmot residents: the BCA is already planning an ambitious advertising campaign inviting visitors of all ages from across South-western Ontario. And hold onto your hats: the planning committee expects to welcome thousands of people to our town.

But why a Corn Festival? BCA member and event organizer Kenton Frey explains: "Baden has seen unparalleled growth in recent years. More and more people are looking for ways to enjoy life right here at home. Businesses are growing, and Wilmot is making its mark in the Region as a tourist destination—the time is perfect for a large-scale festival in Baden."

"As for why the BCA chose 'corn,'" he adds, "there are three reasons: we wanted the festival to take place in August, and local corn is reliably available then. Secondly, there are no other large-scale festivals featuring corn within south-western Ontario. And finally, corn is one of Wilmot's major crops—besides, who doesn't love a corn roast?"

But the Corn Festival isn't only about corn, of course. The committee has already started contacting local farms and restaurants to get involved. "Wherever possible, we want to feature local food throughout the day," Frey points out. "Focussing on our Township's strong food economy—and working to promote those food producers and restaurants—is the whole point."

Planning began last August, and many hours have already gone into establishing networks with other service groups, planning entertainment line-ups, and fundraising and sponsorship strategies. "We're extremely fortunate to have a motivated and experienced group of people working to plan the Festival," says Frey. "I'm blown away by the talent, dedication, and work our team devotes to this."



Speaking of teamwork, there are lots of ways to join in the excitement: the Corn Festival Committee welcomes the talents and time of everyone. Whether you want to play guitar on stage, design the Festival's ads, or just lug picnic tables into place for the street dance, the BCA wants to hear from you. "We've done a huge amount of the groundwork," says Frey, "but the more volunteers that we have, the better."


And on that note: interested in getting involved? Just watch the Outlook for information in the coming months. You can also call Kenton Frey at 519-465-5886, or e-mail Teresa.and.Kenton@rogers.com. As time goes on we will be calling on or dropping by local businesses to see how together we can make this event a wonderful success.

There's also a website, which will feature updates on participating restaurants and farms, activities and entertainment, info for food vendors and volunteers, and how to advertise with the Corn Festival (so if you're a business owner, stay tuned!). Check the website to see all the news at www.badencornfest.ca.

It's a great idea for a great community. Join in the excitement and get ready for "farms, fun, and food," because August will be here before you know it—and the corn will be ready before you can say "ah, shucks!"

BADEN

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ADULT TRUTHS

- ◆ Sometimes I'll look down at my watch three consecutive times and still not know what time it is.
- ◆ Nothing is worse than that moment during an argument when you realize you're wrong.
- ◆ I totally take back all those times I didn't want to nap when I was younger.
- ◆ There is great need for a sarcasm font.
- ◆ You get instructions on a shampoo bottle, so why aren't there instructions on how to fold a fitted bed sheet?
- ◆ Map Quest really needs to start their directions on #5. I'm pretty sure I know how to get out of my neighbourhood.
- ◆ Bad decisions make good stories.
- ◆ You never know when it will strike but there comes a moment when you know that you just aren't going to do anything productive for the rest of the day.
- ◆ Can we all just agree to ignore whatever comes after Blu-Ray? I don't want to have to restart my collection again.
- ◆ I keep some people's phone numbers in my phone just so I know not to answer when they call.
- ◆ There is a fine line between boredom and hunger.
- ◆ How many times is it appropriate to say "What?" before you just nod and smile because you still didn't hear or understand a word they said?
- ◆ I love the sense of camaraderie when an entire line of cars teams up to prevent a jerk from cutting in front.
- ◆ Even under ideal conditions people have trouble locating their car keys in a pocket, finding their cell phone, and pinning the tail on the donkey, but I'd bet everyone can find the snooze button from three feet away in about 1.7 seconds, eyes closed, first time, every time!
- ◆ The first testicular guard, the "Cup" was issued in hockey in 1874, and the first helmet was issued in 1974. That means it took only 100 years for men to realize that their brain is also important. [Ladies - stop laughing].

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MAYOR INVITES RESIDENTS TO TELEPHONE TOWN HALL

Mayor Les Armstrong will host the Township's first "Telephone Town Hall" meeting in January in an effort to engage residents in a dialogue about the future of the Township from the comfort of their own homes, and to collect more community input towards the creation of Wilmot's Strategic Plan. This will build on the meetings that were hosted in each ward in November of this year, in addition to an online survey, *What's YOUR Wilmot* comment cards, a dedicated phone line (519-634-8519, x. 430) and email (whatsyourwilmot@wilmot.ca) for residents. We are inviting everyone in Wilmot to participate!

On Tuesday, January 29th at 7:00 p.m., Township residents will get a phone call from Mayor Armstrong, inviting them to participate in a one hour discussion about the proposed Strategic Plan. Residents may also register online in advance if they want to participate (at www.wilmot.ca/whatsyourwilmot). Pre-registration online guarantees you receive a call that evening. Participants can choose to ask questions or simply listen to the discussion about the Strategic Plan.

A summary of the community input will be available online following the discussion on the Township's official website: www.wilmot.ca More information about the initiative can be found at www.wilmot.ca/whatsyourwilmot

"Your input is better for our output."

Mayor Les Armstrong, On Behalf of Wilmot Township Council



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How Well Do You Know Wilmot?

See if you are able to fill in the town names that consist within Wilmot Township. Answers are on page 23

1. B _____
2. F _____
3. H _____
4. L _____
5. L _____
6. M _____
7. N _____
8. N _____
9. P _____
- 10.P _____
- 11.S _____
- 12.S _____
- 13.S _____
- 14.W _____

Checking Out the Baden Library

New Staff at the Baden Library! You will see two new faces when you visit the library. Please welcome Rose Mak and Mary Nerger. A few introductory words from Rose who will be working at the Baden Library on Wednesday evenings:

I moved to this community 14 years ago from Toronto and I very much enjoy living and raising my family here. I have been with RWL (Region of Waterloo Library) for 2 1/2 years and have never been happier working at my job. I am looking forward to seeing all of you at the library.

And a few words from Mary who will be working at the Baden Library on Thursday evenings:

I'm a current graduate of the Library Technician program and have previously worked in the New Hamburg Branch, Perimeter Institute, as well as the Centre for International Governance Innovation (CIGI). I reside in Waterloo with my husband and two sons. I'm a huge advocate of education and in instilling the belief that knowledge is power. For me, it is very exciting to see students engaged in reading and expanding their breadth of knowledge. My hobbies include hiking, cycling, crafting, and travelling. I look forward to meeting you all in the upcoming weeks.

With so many staff at the library, it is very important that you remember to bring your library card with you as proof of identification when you borrow materials. Thank you for your help!

Come Read With Me! An evening Family Storytime recommended for parents/caregivers and children three to seven years old. Read, play games, and learn about literacy in fun ways! Drop in! It's free! This program is on **Wed. from 6:30 – 7:15 p.m., Jan. 9 to Feb. 27, 2013.**

Let's Read! Read the **Let's Read** book *Ten Birds* by Cybele Young and/or complete the Ten Birds Activity and then enter a draw to win a prize!

Let's Read is a family literacy initiative of Waterloo Region. Upcoming Let's Read events are:



Build-a-Birdhouse Workshops

- ◆ Kitchener Rona – Saturday, Jan. 12, 2013 11 a.m. – 2 p.m.
 - ◆ Cambridge Rona - Saturday, Jan. 26, 2013 11 a.m. – 3 p.m.
- The first 75 children will receive a FREE birdhouse to build and take home.

Family Literacy Day in Waterloo Region will be held Sun., Jan. 27 from 11 a.m. to 3 p.m. at Conestoga Mall. The event includes information booths, crafts and activities. Families are encouraged to visit the Let's Read booth, where children can invent and construct at the 'Construction Zone' or make a Let's Read button.

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

Chris Baechler, Assistant Supervisor,
Baden Branch



Hockey Night at the Library

On November 28, players from the New Hamburg Firebirds visited the Baden and New Hamburg libraries to read hockey stories to local families. Over 40 children and 30 parents came to meet, mingle, and read with the players. This was the second season for this successful evening and it is well on its way to becoming an annual event. New this year was the Face Off with the Firebirds Game Sheet. Children were asked to complete up



to six "plays" (fun activity) to stamp each of the positions on their paper rink. A parent signed each play as it was completed by the child. Once all "plays" were done, kids could then enter a prize draw for each stamp earned. A full game sheet equalled one free pass to a Firebird's game.

A big thank you goes out to the Firebird players for taking the time to promote literacy in a fun way!



Everyone had a great time!!



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LookOut Kids' Korner

February 14th is Valentine's Day!



My mom always made me a Valentine cake, shaped like a heart—it's easy to do and it is so fun deco-

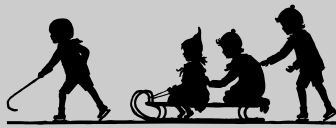
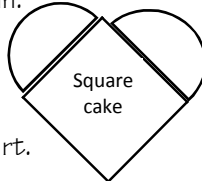
rating it with fancy icing, candy, fruit, cinnamon hearts and chocolate!!



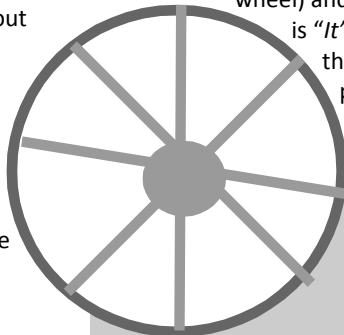
Bake 2 cakes—one in a round cake pan and one in a square cake pan.

2 halves of round cake

Cut the round cake in half and use the pieces to make the top part of the heart.



starts off from the hub (middle of the wheel) and the person who is "it" has to chase through the wheel paths to tag someone.



Snow wagon-wheel tag track

Winter... Make the most of it and get outside and play!

Things to do outside:

- When the temperature drops below 32 degrees, blow bubbles and watch them freeze on the wand.
- Hollow out an orange and fill with seeds to feed your feathered friends.
- String cranberries, popcorn, and cereal onto fishing line for a garland to attract and nourish the birds.
- Play follow the leader in freshly fallen snow. His or her team mates must try to step in exactly the same spots as the leader trots through the snow. The object of the game is to make it seem as if only one person has taken a walk through the snow without falling down.
- Play wagon-wheel tag: In the snow make a big wagon wheel shape in your yard, or park, by pulling someone on a toboggan to flatten the snow; starting with a circle then make pathways for spokes. When you're done you'll have a nice track to play tag on. Everyone

Hey! Kids, ages 4-10

You are invited to...

F.R.O.G



Tuesdays, 6:30 - 8:00 p.m.,

F.R.O.G. begins again on

Tuesday, January 15th.

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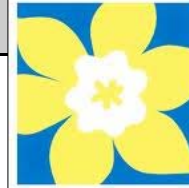
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Please see the following website for more information. www.genbukan.ca



Joe Seaton lives in Shingletown and he made this snow fort with his dad..... We're hoping it's not going to thaw too much in this mild weather.

Canadian Cancer Society Looking For Volunteers



Canadian
Cancer
Society

Every person has experienced, or knows someone who has experienced, cancer. That is a fact--so raising money for the Canadian Cancer Society is of the utmost importance. April is the campaign month for the cancer society where volunteers knock on doors in their neighbourhoods asking for your donation to conquer this terrible disease and help people that are afflicted with it. Do it in remembrance of someone you've lost or someone who is struggling.

Baden resident, Carolyn Coakley has been a volunteer canvasser for the Canadian Cancer society for 12 years now. For the past five years she has been a team captain for Baden, filling the shoes of longtime captain Grace Baird who moved to New Hamburg. In her role as a captain, she is to pick up the supplies in Kitchener, recruit volunteers, and distribute the kits to the volunteers. She helps to coordinate the routes, and through the month she checks on the status of their efforts and offers support.

Currently there are six volunteers for the town of Baden (4,653 residents) and the Cancer Society is putting out a call for help. The canvassing takes roughly four hours per volunteer and each person can choose to solicit his or her own neighbourhood where people know your face, but it's a great way to meet new people too. Volunteers have the entire month of April to canvass, so they can pace out their walks and hope for a nice spring day to hit the streets. It is an easy task but is of such value—please consider giving your time and/or your donation.

When Carolyn first got involved with the society she felt that she didn't have a lot of extra money to contribute to the cause, so she felt that her time might be just as beneficial. Most of the current volunteers are long time canvassers, but they need more volunteers to canvass for this worthwhile cause. As the saying goes, "Many hands make the load light." If you are able to spare a bit of time to help, please call Carolyn at 519-634-5918 or e-mail at carolyn.coakley@whitneyre.com

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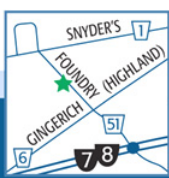
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Will there ever be a cure for cancer?"

"So many people have asked this question – those who are living with cancer, those whose families have been touched by the disease, those who fear that cancer might be in their future.

The good news is that we're closer than ever to fully understanding, treating, controlling and preventing the many diseases called "cancer." Today, over 60% of Canadians diagnosed with cancer will survive at least 5 years after their diagnosis. In the 1940s, survival was about 25%.

Incidence rates for most cancer sites are stabilizing or declining. With the exception of lung cancer in women, death rates for most major cancers have declined during the past decade in Canada.

In addition to breakthroughs in new treatment approaches, research has also helped to tremendously refine the three "traditional" approaches to cancer treatment – chemotherapy, radiation and surgery. While these approaches have been used for decades to treat cancer, there is a level of personalization and sophistication available today that can only be credited to research.

For example, surgery is now more accurate and often less invasive. Chemotherapy drugs are constantly being fine-tuned. We are also improving ways to deliver radiation therapy so that the treatment is more effective and healthy cells are not affected.

At the same time, there has been a veritable explosion of knowledge about the proteins, genes and cells involved in cancer over the past two decades. This exploding knowledge base is giving us the ability to pose and answer questions we could not even have conceived of 10 to 20 years ago, and is propelling us towards our ultimate goal of creating a world where no one needs to fear cancer.

Some experts doubt that we'll ever find a single, universal cure for cancer, which isn't really a single disease but actually is 200 or more different diseases. Yet researchers have uncovered a staggering amount of information about cancer over the past two decades.

This revolution in our understanding of cancer has set the stage for a new era in cancer therapy and prevention, due in part to the many studies and clinical trials funded by the Canadian Cancer Society.

Areas of progress

Thanks to research, we are closer than ever before to fully understanding cancer. A broad range of research funded by the Canadian Cancer Society has contributed to our current knowledge of the disease. And as our knowledge increases, we will see even greater progress.

Information taken from the Canadian Cancer Society Web-site

MCC Around the World Thanks You

The end of the year is a good time to look back at last year's results and set new goals for the coming year.

As we look back at last year we see that we raised over 1.4 million in store revenue. Hundreds of dollars in change were also collected through the "Counter-Top Donations jar" to support specific MCC campaigns such as education, peace, health, relief, etc. Another great event was our "Splash of Fashion" which raised \$19,000 for water projects in Canada and worldwide. Also, during the Christmas season over 500 school kits were packed at the store and made ready to be sent overseas.

These and many more projects happened in 2012 and none of them would have been possible without you:

- Volunteers who dedicate their time and effort classifying, cleaning, pricing and displaying all the donations received at the store.
- Donors whose donations in kind or cash have supported our efforts and shared their love through their donations.
- Our customers who understand our mission and purchased items which make a difference in others' lives.

A big thank you for all your support; 2012 was certainly a great year and we look forward to a 2013 full of activities and campaigns to support the work of MCC around the world. To learn more about how to get involved in these activities visit www.newhamburgthrift.com. To participate in the work of MCC in different fields, check the service opportunities available at <http://serve.mcc.org/>.

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INTERESTING PEOPLE ~ MEET CHESTER MALLOCH

Baden's had many citizens who have contributed to the community over the years, leaving a lasting impression on everyone who knew them. Chester Malloch was one such person. We, at the Baden Outlook, had the privilege of knowing him as a neighbour and a friend. We had a recent visit with his son Steve and daughter Patty and they helped us share his story.

Chester Malloch was born in Saint Stephens, New Brunswick in 1921 to a Canadian father (Chester) and an English mother (Florence Ridgway). Early in his life he moved to Borhamwood, a suburb in North London.

His father was an electrician, travelling around the globe working on many projects. Steve and Patty, Chester and Maude's children, recalled interesting stories that Chester told during that time, such as sleeping in tents in India with a mongoose on his chest to keep the snakes away. Back in London he spent one year studying Archeology, specializing in Egyptology, at a local university. He was an intelligent man, and he learned and understood five languages.

Chester had a feeling that war was imminent, so in 1939 he enlisted in the British Army. His main duty was as a dispatch rider in North Europe, delivering messages on his motorcycle to the front lines. The British Army was pushed all the way back to Dunkirk where his motorcycle was lit on fire and the entire group was loaded on boats and sent back to England. Throughout the war he had many interests; he became a heavy-weight boxer and loved to play rugby. His highest rank in the army was that of a Sergeant Major.

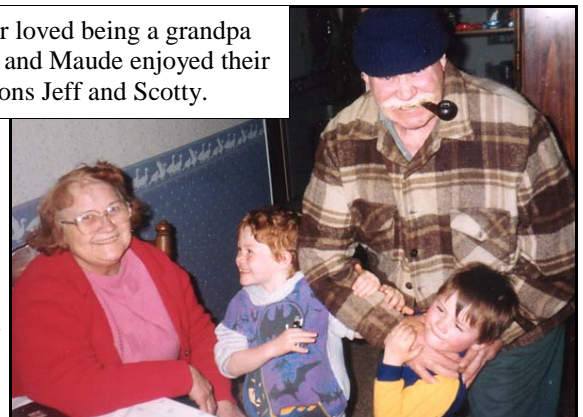
Back in England he joined the Special Air Services (SAS) and was sent to the North African conflict. In the SAS he became a commando and learned many fighting techniques such as karate. After many battles he contracted malaria, was very ill, and lost 60 pounds. He took several months off from the action to regain his strength, but while he recovered he went to visit many local pyramids and tombs. He returned to the desert action to help General Montgomery push General Rommel out of Africa. When the European war was over he immediately signed up for the Pacific war, but by the time he got back to England that war was also over.

In 1945 at age 51, Chester's father died of cancer while serving as part of the Home Guard. Chester decided it was time for a change so he came back home to Canada. He went to British Columbia, where he worked as a lumberjack. Around 1949 he moved back to this area where he was employed with a paving crew. It was then that he met his love, Maude, who was training to become a nurse at the Stratford hospital. Maude was from Varna, Ontario. After a year of dating they were married in 1950, and Maude and Chester moved into the Walker home in Haysville where Maude became a fulltime caregiver. In 1954 they purchased their home at 190 Snyder's Road East from Harry Brown, which was their home for the rest of their lives.

Maude worked as a nurse at the K-W Hospital until 1964 when she continued to focus on providing homecare for many locals including Mrs. Schneller. As a volunteer she helped students read at the Baden Public School from 1970 until her death in 2006.

Chester had a number of jobs; he was a security guard at Budd

Chester loved being a grandpa and he and Maude enjoyed their grandsons Jeff and Scotty.



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Automotive and also worked at Burns Meats, and Ellis and Howard. His last job, the one he was most noted for, was as custodian at the Baden Public School. He was loved and is remembered by thousands of students. He was always involved with the teachers and students and gave his big heart wherever he went. He went along on a school trip to see King Tut's tomb where he read hieroglyphics for the children. He worked at the school for 15 years from 1971 to 1986. There was a huge retirement ceremony for Chester as there was no custodian that could ever fill his shoes!

Chester will also be remembered for his many years in Baden Scouting. He was District Scout Master for the area and occasionally filled in for leaders in New Hamburg when needed. Chester had his own special way of teaching the kids honour, respect, faith, honesty, and integrity while giving them a lot of freedom to demonstrate trust—making them feel more like adults than children. Chester initiated a program called the First Class Journey – where two adolescent boys would take a two-day cross-country trip across Wilmot Township using only a compass to find their way. It was a major achievement and was awarded as such.

Over time Chester was also known at Baden's ballpark, being named both Volunteer of the Year and Fan of the Year. He was at most games each night and would umpire in a pinch, although it was not his favourite part of the game. He acted as convener for tournaments and loved to watch the games, while again demonstrating his principles in teaching youth about life skills.

In 1986 Chester was named "Citizen of the Year" by the Baden Chamber of Commerce. The chamber classed him as a father, teacher, baby sitter, confession priest, counsellor, umpire, coach, bat boy, commissioner of baseball and an encourager of talents. He was an amazing man—warm and humorous—and Chester will be remembered dearly. Chester died in 2002.

Thanks to siblings Patty and Steve for the nice visit, and for telling their story of their dad with much affection.



The children at Baden School enjoyed the antics of Chester.

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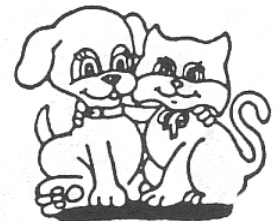
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The Canadian Blood Services: A Great Way to Give

By Teresa Brown

For many people, the holidays were a great time to give to others, whether that meant presents to family and friends, or donating to charity. But there's another way to give, and it's a way that might someday save a life: by donating blood.

Canadian Blood Services is the organization that runs blood donor clinics, the first step in providing blood to people who need it. The CBS operates more than 20,000 donor clinics every year; it's an invaluable program that provides the blood and blood components used in transfusions.

The CBS has a terrific website at www.blood.ca, where you can learn about the many services the CBS offers Canadians, which include much more than blood. As the website explains, "Canadian Blood Services also oversees the OneMatch Stem Cell and Marrow Network and provides national leadership for organ and tissue donation and transplantation."

The blood collected by the CBS can be used in many ways to save lives. Red blood cells, for instance, can be used to help accident victims and surgical patients; leukemia and cancer patients benefit from platelets; even patients suffering from burns, shock, and blood disorders like hemophilia need donated blood.

Josh Martin of Waterloo is a big fan of the Canadian Blood Services—and with very good reason. In 2008, Josh was diagnosed with chronic myelogenous leukemia. When his doctor told him he had a 40 to 50 percent chance of survival, Josh did an interesting thing: he flipped a coin.

"Heads I live. Tails I die," he thought to himself. The coin landed heads side up. Josh recalls that "though thrilled to have Lady Luck on my side, I would soon discover that I was going to need a lot more than a coin flip to get me through."

Josh's treatment included weekly chemotherapy at Princess Margaret Hospital in Toronto, and during that time he needed many blood transfusions to help support his healthy blood cells while the cancerous ones were destroyed. But

that wasn't the end of Josh's need for the Canadian Blood Services.

"In October 2008 I spent six weeks in the hospital undergoing and recovering from a bone marrow transplant ... it takes time for the new stem cells to find their way and engraft to my body, which meant for many days I wasn't producing blood on my own. To get me through this risky time, I would receive blood and platelet transfusions daily to keep me alive."

Thankfully, Josh's treatment was successful: today he is completely cancer-free. He credits many people for his recovery, including his doctors, nurses, pharmacists, lab technicians, and friends and family. But there's one essential group he never forgets to thank: "No matter how good my doctors were or how fancy the drugs I was taking were, none of that would have mattered without blood donors. They were an essential part of my recovery."

It's stories like Josh's that remind us of how important it is to donate blood. Donating blood is easy, quick, and you'll help save a life—as the Canadian Blood Services reminds us, "it's in you to give."

You can book an appointment online at www.blood.ca, where you can also find information about your eligibility to donate and much more. You can also call 1 888 2 DONATE (1 888 236-6283). And remember, the next Wilmot clinic is on Monday January 21, from 5 p.m. - 8 p.m. at the Royal Canadian Legion (65 Boullee Street, New Hamburg).



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You think English is easy?? Submitted by Jean Shantz

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture..
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his desert in the desert..
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.
- 12) There was a row among the oarsmen about how to row.
- 13) They were too close to the door to close it.
- 14) The buck does funny things when the does are present.
- 15) A seamstress and a sewer fell down into a sewer line.
- 16) To help with planting, the farmer taught his sow to sow.
- 17) The wind was too strong to wind the sail.
- 18) Upon seeing the tear in the painting I shed a tear.
- 19) I had to subject the subject to a series of tests.
- 20) How can I intimate this to my most intimate friend?

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Let's face it - English is a crazy language.

There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.

We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig... Go figure?



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Baden Birding

By Ken Quanz

Location, Location, Location

I have known for a long time that a change in habitat conditions dictates which species of plants and animals may be present in an environment. We don't fish for salmon in the Baden pond, nor do we expect moose to freely roam Wilmot Township. The contrast, however, in local ecosystems was made much clearer for me during my recent participation in two "local" bird counts; one centred in Branchton near Cambridge on December 16th, and the other centred in Linwood on December 30th.

Clearly, the two weeks between the counts had its effect on late migrant birds, but the major differences between the two areas were the amount of forest cover available and the level of human population. The Cambridge count has more of both factors.

Large marsh areas near Wrigley Corners may still provide habitat for 44 late migrating Sandhill Cranes seen during the Cambridge count, while large open alfalfa fields between Heidelberg and the Conestoga dam are a haven for 11 Lapland Longspur, 6277 Snow Bunting, 1365 Horned Larks, 12 Hoary Redpolls, and 2965 Common Redpolls—numbers never (or rarely) seen on the Cambridge count. Both sightings were truly awe-inspiring.



The large open areas of the Linwood area also provide perfect hunting conditions for the Raptors (carnivorous birds). The December count turned up 8 Turkey Vultures, 3 Bald Eagles, 8 Northern Harriers, 6 Sharp-shinned Hawks, 3 Cooper's Hawks, 1 Red-shouldered Hawk (near the Hawksville bridge where it has wintered for the last 10 years!), 127 Red-Tailed Hawks, 113 Rough-legged Hawks, 10 American Kestrels, and 1 Merlin (near the Glen Allan bridge). More northern raptors may be joining these birds as winter sets in more firmly.

Most of the effort on the Cambridge count was expended on foot, walking through small forested areas. The Linwood count was the opposite as the majority of our time was spent in the car as we slowly drove while the spotter watched the fields and fence lines.

Other hot spots to visit often centre on the Conestoga River below the dam as it meanders its way through Glen Allan on its way to Wallenstein.

Final count totals for the two counts were surprisingly high with both days setting new records for the number of species seen: Cambridge recorded 85 species, while Linwood recorded 55 species on the count day plus a further 10 species seen during count week.

This, of course means that you could comfortably repeat our findings. Pick a nice sunny day and drive the back roads of Wellesley Township, and the adjoining areas of Peel and the Eastern part of North Perth. Keep a pair of binoculars handy once you are safely stopped. Try counting the number of Snow Buntings as the flock wheels over the fields. Once they land, see if you can pick out the bright red caps of the Redpolls mixing in with the larger "snow birds." A hearty warm lunch at one of the excellent restaurants in the area would also be a fitting reward for your day's effort!

One last note: After I wrote the article on woodpeckers, a Red-bellied Woodpecker started to visit our feeder, a first for us as far as we know. I asked for your sightings, but as yet have had no replies. Please email your news to badenoutlook@hotmail.com

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Information from Region of Waterloo Collection Services



Region of Waterloo

During the winter months please place your containers at the end of your driveway or dig a ledge in the snow bank at **street level**. Ensure they are clearly visible at the curb. Containers won't be collected if placed on top or behind snowbanks.

In the event of inclement weather, please be patient. Service is our priority, but the safety of people always comes first.

Did you know there is a four bag limit on weekly garbage pickup?

Tip: Remember to flatten and tie all boxes before placing to the curb for blue box collection (max. 75 cm x 75 cm x 20 cm or 30" x 30" x 8")

Next large collection pick up is the week of February 4th-8th.

OUT OF THIS WORLD WORDSEARCH... By John Westlake

A quick look at Wikipedia shows that there are well over 100 satellites associated with the planets in our solar system. That is far too many to include in a word search! However, until September 17, 1914, only 26 satellites (moons) had been discovered revolving around 6 of the planets in our solar system. In the grid below, 32 names of planets and satellites are hidden. See how many you can find. The names are listed in the list to the right of the grid. Good luck, have fun. Answers are on page 32

S	Y	H	T	E	T	H	I	M	A	L	I	A	N
Q	O	R	P	H	O	E	B	E	A	R	I	R	O
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R	I	I	O	E	P	T	T	T	P	N	O	L	B
O	M	P	T	R	O	I	I	R	N	M	B	I	O
P	O	U	I	I	R	T	T	L	A	A	O	U	O
S	S	J	R	O	U	A	S	R	R	E	S	R	G
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Happy New Year!

May 2013 be accident free!

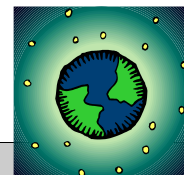


And if it isn't, let us be the one to help you through it!

519-634-9507

www.maibc.com

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MUTUAL AID INSURANCE BROKERS COMPANY



FIND THE NAMES OF 32 SATELLITES AND PLANETS HIDDEN IN THE GRID

- | | |
|-----------|----------|
| AMALTHEA | MIMAS |
| ARIEL | MOON |
| CALLISTO | NEPTUNE |
| DEIMOS | OBERON |
| DIONE | PHOBOS |
| EARTH | PHOEBE |
| ELARA | PSAIPHAE |
| ENCELADUS | RHEA |
| EUROPA | SATURN |
| GANYMEDE | SINOPE |
| HIMALIA | TETHYS |
| HYPERION | TITAN |
| IAPETUS | TITANIA |
| IO | TRITON |
| JUPITER | UMBRIEL |
| MARS | URANUS |

Firefighter	# of Years	Time Served
A. Mike Weiler	48	1946 to 1994
Roger Weiler	47	1946 to 1993
Ron Taves	45	1968 to Present
Harold Glasser	41	1950 to 1991
Orland Gerber	41	1950 to 1991
Doug Ferguson	40	1969 to Present
Glen Lichti	40	1958 to 1998
Stan Miller	37	1954 to 1991
Delton Naumann	37	1927 to 1964
Wilf Naumann	31	1927 to 1958
Elmer Koenig	31	1947 to 1978
Bert Currie	30	1966 to 1996

Ask Armand ~



Scott from Baden asks : Armand, I know the Baden Volunteer Fire Department has been around for a long time, but can you tell me who has served the longest in this great community organization?

Armand says: Why yes Scott, thank you for the question and I have provided the information that you asked for to the left. The Baden Volunteer Fire Department has been around since the early 1920s and has served its community proudly. Every firefighter is dedicated to doing whatever is necessary, no matter whether in freezing temperatures or the middle of the night, and they never know what each call may bring. If you see any firefighters in town, be sure to thank them for being there for us.



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Over 5000 handles and knobs!

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Saturday 9-4:30 / Sunday - Closed

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



SPAGHETTI DINNER FUNDRAISER FOR SPLASH PAD

The Township of Wilmot Splash Pad Committee is proud to announce its first official Splash Pad fundraiser which will be a Spaghetti Dinner held on Family Day, February 18th 2013 from 4:30 pm to 7:00 pm upstairs at the New Hamburg Community Centre and Arena located at 251 Jacob St. New Hamburg.

The meal will feature a scrumptious spaghetti dinner main course with an authentic Italian tomato sauce served with delicious sides. Dessert will be available as well. If you would rather eat at home the meals will be available for take out. The cost for our fun Family Day dinner will be by donation.

Due to overwhelming community support for a Splash Pad to be built within the Township of Wilmot, residents of the community have come together and have formed a five-member Splash Pad committee. Plans are also in place to apply for the Trillium Fund and to host future fundraising events to meet the demands of the forecasted budget.

"The feedback has been overwhelming. We have had a meeting with Township of Wilmot to see what would need to be done to bring this to fruition. The Township of Wilmot does have some funds in the budget for this but the community will need to come together to fundraise the rest," said Angie Hallman, Splash Pad Committee Co-chair.

To ensure the success of the Township of Wilmot Splash Pad committee's initial fundraising effort they seek additional volunteer support from residents, local clubs or business who may be able to help in any way.

If you'd like to assist with this fundraiser feel free to contact Angie Hallman, Splash Pad Committee Co-chair: 519-662-6277 ahallmanrmt@cwisp.ca

The Township of Wilmot Splash Pad Committee hopes to see you on February 18th for a great Family Day dinner out in support of a great cause that will benefit the youth in the Township of Wilmot!

To stay up to date on this upcoming event and the Splash Pad Committee's progress, follow their Facebook page www.facebook.com/BringASplashPadToWilmot or on Twitter at [@SplashPadWilmot](http://www.twitter.com/SplashPadWilmot)

Check out

"The Meeting Place"

at

Baden Business Centre

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Baden N3A 3J7

*Waterloo Region's newest
"come to" place for video
conferencing, staff training,
and business gatherings.
Facilities for small to
medium-sized groups.*

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Garry and Sheila Ruttan

garry@splus.ca

Tel: 519.634.5708



MeMe's Café .com

Mon – Fri 7 am to 6 pm
Sat 8:30 – 3 pm

519•662•2828
102 Peel Street New Hamburg

TALKING TWENTY YEARS



"A mother takes twenty years to make a man of her boy, and another woman can make a fool of him in twenty minutes."

Robert Frost

"It takes twenty years to build a reputation and five minutes to ruin it. If you think about that, you'll probably do things differently."

Warren Buffet

"My wife and I were happy for the first twenty years. Then we met."

Rodney Dangerfield

"Instead of thinking about where you are, think about where you want to be. It takes twenty years of hard work to become an overnight success."

Diana Rankin

"The best time to plant a tree is twenty years ago. The second best time is today."

Chinese Proverb

"I say, play your own way. Don't play what the public wants—you play what you want and let the public pick up on what you're doing—even if it takes them twenty years."

Thelonious Monk

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Formal Wear - Casual Wear - Outer Wear - Shirts - Linens - Bedding - Drapery - Suede and Leather

Approximate Township Population Information

	PPH*	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Baden	2.79	2,042	2,371	2,753	3,314	3,576	3,808	4,003	4,223	4,402	4,553	4,653
Foxboro Green	2.00	430	430	430	430	430	430	430	430	430	430	430
Haysville	3.00	126	129	129	129	129	129	129	129	129	129	129
Lisbon	3.21	61	61	61	61	61	61	61	61	61	61	61
Luxemburg	2.45	27	27	27	27	27	27	27	27	27	27	27
Mannheim	3.40	853	914	992	1,043	1,064	1,071	1,071	1,071	1,071	1,067	1,067
New Dundee	2.95	1,158	1,167	1,185	1,199	1,214	1,214	1,214	1,214	1,214	1,217	1,220
New Hamburg	2.61	6,192	6,351	6,489	6,578	6,779	7,006	7,176	7,387	7,664	7,930	8,084
Petersburg	3.05	373	394	391	394	400	403	406	406	406	406	406
Phillipsburg	2.95	74	77	77	80	80	80	80	80	80	80	80
Shingletown	3.23	103	103	110	110	110	113	113	113	113	113	113
St. Agatha	3.09	621	621	621	621	624	624	624	624	624	624	624
Sunfish Lake	1.83	13	13	13	13	13	13	13	13	13	13	13
Wilmot Centre	3.25	52	52	55	55	55	55	55	55	55	55	55
Non-Settlement	3.00	3,261	3,264	3,270	3,279	3,288	3,288	3,312	3,318	3,333	3,330	3,324
Township		15,385	15,974	16,603	17,333	17,850	18,321	18,713	19,151	19,621	20,035	20,286

* Calculated from 1991 Assessment Estimates

December 31, 2012: Township of Wilmot Development Services

Answers to quiz from page 9 Communities Within Wilmot Township

- | | |
|------------------|-------------------|
| 1. Baden | 8. New Hamburg |
| 2. Foxboro Green | 9. Petersburg |
| 3. Haysville | 10. Phillipsburg |
| 4. Lisbon | 11. Shingletown |
| 5. Luxemburg | 12. St. Agatha |
| 6. Mannheim | 13. Sunfish Lake |
| 7. New Dundee | 14. Wilmot Centre |

The Baden Outlook is a completely independent publication, not affiliated with any other printer, organization, individual or commercial enterprise.

St. Agatha Citizen of the Year!

The St. Agatha Lions Club is proud to announce that the 2012 Citizen of the Year Award went to Mike Kennedy.



Ballot boxes were available throughout St. Agatha for locals to submit entries for whom they believed served their community best. On December 4th Lion Al Fisher was proud to present the award to Mike, who was commended for his community involvement both with the Lions Club and with his support to the community through his restaurant "Kennedy's Tavern."

Bravo Mike! You deserve it —Congratulations!!

St. Agatha Clothing Outlet

1651 Erb Street, St. Agatha, Ont. NOB 2L0
519-746-9969 ~ Betty & Dave Winkler
Retail & Wholesale Sales

January Winter Clear Out Sale ~

Come in and see all our clear-out items

2 racks of clothing NOW \$10 or 3 for \$25

Whiteridge Men's & Ladies winter coats NOW \$50

HOT PAWS gloves & mitts:

Ladies, youth, boys & girls NOW \$10 or 2 for \$15

ANYONE GOING SOUTH,

WE STILL HAVE GOLF SHIRTS \$15 OR 2 FOR \$25

LADIES AND MEN'S SHORTS \$20

SPRING STYLE JACKETS- GREAT FOR A COOL NIGHT IN THE SOUTH

COME SEE HOW WE CAN HELP YOU OUT FOR YOUR HOLIDAY.

Also... Don't forget your Valentine on February 14th

*Store Hours: Closed Monday & Tuesday
Wed. & Thurs. 10 a.m. - 4 p.m. Fri. 10 a.m. - 6 p.m.,
Sat. 9 a.m. - 5 p.m., Sunday 12 p.m. - 4 pm*

Lydia's Tax Service

Open Year Round To Serve You Better

Kevin & Bob are still E-filing personal & business tax returns. If you are delinquent in filing tax returns we can bring you up to date.

Bookkeeping ~ We do it all!

Hours: Monday – Friday, 9 am to 4 pm
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Royal Canadian Legion ~ Branch #532

Boullee Street, New Hamburg



Invites you to ...Pork Dinner
on Friday, January 25th at 6:00
\$12 plate

Please join them Saturday, January 26th
for dance with "Moonliters", starting at 4:00
with Bill Murray ~ free admission ~



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25 Byron Street
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Dr. Manning Chiang
Dr. Ruth MacCara
Dr. Marwan Hameed
Dr. Sara Khojasteh**

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- * Crowns and bridges
- * Implants and dentures (to replace missing teeth)
- * Root canal treatment
- * Bleaching/whitening
- * Headache/migraine control (related to TMJ)



Keep the *Miracles* Flowing in 2013!

*If you keep just one resolution this year,
make it to help save a life.*

New Hamburg Blood Donor Clinic

Monday, January 21, 5 p.m. – 8 p.m.

Royal Canadian Legion

65 Boulelee St., New Hamburg

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.



baden strategy games night!

join us at baden public school



6:30-9:30 pm (2nd & 4th friday of each month)

January 11th and 25th

All ages & skill levels welcome!

Anyone under the age of 12 must be accompanied by an adult.

Bring your favourite board game or friend. Snacks are provided.

More info>Susan>badenspace@gmail.com Or > 226-808-4353

This space is generously donated by Erb

Transport to support community events

Saturday Night at the Movies

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

January 19th at 7:00 p. m.

Back By Popular Demand : "The Shunning".

What really makes a family? On the eve of her wedding to a handsome Amish widower, Katie Lapp makes a discovery that throws her life into confusion. Why would Katie's mother, a simple Amish woman who embraces the Old Ways, keep a beautiful satin baby dress in a world of woollen cape dresses? And why is an "Englischer" woman searching for Katie?

For further information call (519) 584-7089

Free admission. Donations accepted to cover costs.

Bring a snack for yourself - Drinks provided.

Wilmot Horticultural Society presents

~ 'Garden Explosion' - World Water Day 2013

Saturday, Feb. 2, 2013 - 8:45 a.m. - 3:00 p.m.

\$40 in advance or \$45.00 after Jan. 26

New Dundee Community Centre -

1028 Queen St., New Dundee

Info: Judy Rivers 519-696-3180 or

Theresa Dietrich 519-634-5079



~ Topic: 'The Flora of the Environmentally Sensitive Areas in Wilmot Township'

Speaker: Chris Gosselin

Mon., Feb. 11, 2013 - 7:30 p.m.

Wilmot Recreation Complex - 1291 Nafziger Rd., Baden

Everyone is welcome to attend - No admission charge.

www.wilmot-horticultural.ca

Another Cool Move

Family Fun Fest 2013 ~ Family Day

Monday February 18, 12 noon - 4 pm

New Hamburg Community Centre & Arena



**The Chuckle Gang with Zoë the Clown by
& Children's Performer Paul Behnke**

Tickets available at the door or at...

Interfaith Office (NH) 519.662.3092

Wellesley Service Center 519.656.2725

Massel's Marine (NH) 519.662.1650

New Hamburg Cleaners (NH) 519.662.1221

Imagine Travel (NH) 519.662.3150

Hairworks (Baden) Inc. 634-5140



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Cost: \$20/Family

\$5/Person

PARENTING WORKSHOPS

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

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

February 5: Girl Power: It's a complicated world out there for our daughters - they feel the pressure to get good grades, look beautiful and be popular. This workshop will focus on helping you support your daughter in developing healthy relationships and a positive self-image. There will be a separate workshop for teens. Bring your daughter (ages 12 and up) with you!

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

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

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

**These workshops are sponsored by Interfaith Community*



ESSAY CONTEST

Students in the Baden area are invited to write a 700-800 word essay on the theme:

How Can I Help My Friends Realize Their Value?

First Prize: \$150, Second: \$75, Third: \$25

The winning essay will be sent to the District Competition for a chance to win a \$2500 scholarship.

Contestants must not have graduated from high school, must be under the age of 19 as of December 31, 2012, and live in the Baden Public School and Sir Adam Beck Public school catchment area.

Deadline: noon on February 4, 2013



Entry forms and rules available in the Guidance Office or at http://www.optimist.org/Form/Essay_RULES_PAD-E_12-13.pdf

For questions and to enter: contact Michelle Palmer-Novakovic at 519-634-1158 or write us a message on our Facebook page!

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advertisers of this paper.**

**Thank you ~ We couldn't
do it without You!**



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

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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Please visit The Baden Outlook web site for a directory of local churches with names, numbers, addresses and web sites. If your church is missing from this list please contact us to be included.

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 See the paper in colour
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2473 ERB'S ROAD, BADEN, ONT. N3A 3M3



Everyone Welcome!

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

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Baden

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Dr. Rob Gulliver
 Rev. Wayne Domm
 Pastor Greg Mills

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SUNDAY SCHOOL
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CHILDRENS
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 11:15AM



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

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 this paper. We couldn't do it
 without them!!**

*Submissions are due on the
 1st of each month.*



Random Acts of Kindness from Six Little Penguins

The week before Christmas I was sitting in Tim Hortons waiting for a friend to join me when two teenagers approached me. One set a card and a chocolate Lindt down on the table and uttered Merry Christmas. The two girls giggled as they quickly exited Tim Hortons leaving me a bit flabbergasted. I opened the card. Six little penguins huddled together in the shape of a Christmas tree stared out at me. On the inside a handwritten note said: "You're amazing, don't forget it! Thank you for all you do, Merry Christmas."

A smile crept over my face as this random act of kindness sunk in. I'd been having a bit of a hard day. This message lifted me out of whatever self pity I might have been feeling and brought me back to the realization that life is good, I am good, and the things that I do in a day; whether big or small, do make a difference!

We all have days when we need a message like the one I received that day in Tim Hortons. In the hustle and bustle of life, in the midst of the conversations we have, or in the things we do or don't do, we can be left second-guessing about our actions and our own self worth. But if we take the time to see them, messages come our way all the time that reassure us of our own self value and our contribution to the lives of the people around us and our community. Sometimes these messages are really subtle and we have to look hard for them. But sometimes they are right there in front of us impossible to miss. Most of the time they are found somewhere in between.

I hope that you received some unexpected gifts during the Christmas season and that all of them weren't necessarily under the Christmas tree! Life is a gift and we must treasure it and all of the special moments that come our way whether with family, with friends, or with strangers!

Wishing you lots of random moments of kindness in 2013!

Submitted by Susan Allison Jones

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@tcpnh

“Get It Together”

...with Donna & Rhonda

“Zones” in your office

Think about setting up your office using a “kindergarten classroom” model. Think back to your kindergarten classroom. Everything you needed was all together and nicely labelled. You didn’t have to go over to the “block centre” to get something for the “house centre.”



Think of your office in a similar way. Make a list of all the tasks that you need to accomplish in that space. Then set up your office space in “zones”. Everything you need to accomplish a task should be within arm’s length – this will help with efficiency—plus it is more likely everything will be put away when you are finished.

- Set up a “resource” zone which would include a dictionary, thesaurus, reference books, etc.
- Set up an “office supply” section for extra staples, pens, etc.
- Do you do any mass snail mailings? Include a place for postage, envelopes, return address stickers, bubble wrap.
- Do you need a personal care zone?—a place for mints, tissues, comb, lip balm?
- Do you have a consistent spot for “outgoing items?”
- Do you have an “incoming zone” . . . a place for others to place items that they want you to see? It is important to have a labelled spot for these things so that people don’t need to interrupt you everytime they make a delivery!

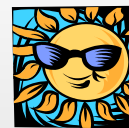
Figure out what tasks you need to accomplish and set up the zones accordingly!

In order . . . to live a life of purpose

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UNDERSTANDING WHIPLASH INJURIES

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

Whiplash is a common injury that can be experienced following a motor vehicle collision (MVC). There are more than 100,000 whiplash cases in Canada each year. The unique forces generated during these collisions can stress biological tissues and result in pain and decreased functioning for those affected. This article provides a review of whiplash specifically focusing on the mechanics of injury, the associated symptoms, and general guidelines for the evaluation of any accompanying injuries.



Although rear-end collisions are the most commonly reported mechanism of whiplash injury, an injury may also occur following side and head-on collisions. The forces generated from these types of impacts thrust the head (and to a lesser extent the entire body) back and forth, much like a snapping whip. Injury results because the body is unable to compensate adequately for the speed of head and torso movement from the acceleration forces generated at the time of impact. This will put stretch, compressive and shear stresses on biological tissues such as muscles, ligaments, joints and nerves. As a result, this can generate pain symptoms, and affect range of motion, strength, coordination, and balance. The onset of whiplash symptoms may immediately follow a MVC or may gradually develop over the first 24-72 hours. A later onset of symptoms does not necessarily indicate a more serious injury.

Neck pain is frequently associated with whiplash injuries. However, the whiplash mechanism may also cause injury and symptoms that include: whole body muscle pain/ache, jaw pain, referred arm pain, shoulder or other joint pain, mid back pain, low back pain, headaches, dizziness, and tinnitus. The term **WAD (Whiplash Associated Disorder)** encompasses all of these potential symptoms and is commonly used to grade the degree of

injury present. Of the four Grades of **WAD**, Grades 1 and 2 represent the majority of whiplash cases.

Evaluation of whiplash injuries should include a proper medical history, along with a physical examination consisting of inspection, palpation for tenderness, range of motion, strength, neurological, orthopaedic and functional testing. Signs of serious injury, such as fracture, are usually evident in early assessments and may require further diagnostic testing such as x-ray, CT scan, or MRI. Chiropractors are healthcare professionals skilled in the diagnosis and treatment of whiplash injuries and are commonly involved in the management of **WAD**.

When an individual sustains a whiplash injury, injured tissues can become stiff and weak when they are not used, which can further exacerbate pain symptoms. Therefore, a return to daily activities after whiplash injury is extremely important for successful healing as extended rest may prolong recovery. Healing and a return to daily activities may be facilitated with active treatment and rehabilitative exercise prescription. Join us next month when we specifically take a closer look at the treatment and prevention of whiplash injuries. For more information, visit www.nhwc.ca.

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



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Email sent by Denise Petendra

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- ⇒ Letting your fingers do the walking.
- ⇒ Running up your charge cards
- ⇒ Bouncing ideas off a co-worker.
- ⇒ Wrestling with a decision.



Email Submission



Happy Birthday John Westlake!!



ANSWERS FROM WORDSEARCH FROM PAGE 20

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IF MY BODY WERE A CAR

This is so funny and scary, how true it is!!!

If my body were a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull... But that's not the worst of it.



My headlights are out of focus, and it's especially hard to see things up close.

My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather.

My whitewalls are stained with varicose veins.

It takes me hours to reach my maximum speed. My fuel rate burns inefficiently.

But here's the worst of it. Almost every time I sneeze, cough or sputter, either my radiator leaks or my exhaust backfires!

Submitted by Robert Price

Valentine Romance is Good at any Age

It's okay to have kinky sex at any age... but the seniors have learned how to do it right.

They have mastered a kink in the back, a kink in the neck, a kink in the knee, a kink in the shoulder, and a kink in the arm...so with all those kinks, they are bound to have a wonderful kinky Valentines Day!

Don't forget your sweetie on February 14th!

Think flowers, chocolate, jewellery, dinner out, or dinner in with candles, romance coupons, perfume, books, massage certificates, a special photo of you with your sweetie, a weekend get-away, lingerie, or be creative and make something personal revealing your love!



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For more information or to pre-register please visit my website: www.HeatherMB.ca

A brief and lighthearted note about multi-tasking,

By Leslie Cook — from her Blogspot flikted.wordpress.com

Cell Phone in the Loo ~

On a recent night out with friends, I visited the ladies' room of a popular restaurant. In the stall next to me, I could hear the odd yet distinctive pings of a texted conversation. I couldn't help but marvel at the level of multi-tasking the woman next to me was managing as I imagined her working out the kinks in her relationship at the same time she worked out the kinks in her bowels.

With a heavy plop and distinctive splash, I thought she'd met with success in at least one of those tasks, until I heard a pitched expletive flow from her mouth that at first seemed to announce said success... "Sh*t..." followed by "My phone!"

Clearly her phone ended up in the tank; and if I were to indulge my imagination I'd say that, after an abrupt ending to the conversation, her relationship did, too.

I can only surmise one moral from this story – when we multitask, we often end up in the crapper.



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Are You In The Zinc Zone?

Staying healthy this winter and minimizing your risk for cold or flu is paramount. There are many effective strategies for reducing your risk of sickness during the winter months. I usually find people increasing vitamin C and vitamin D intake, but rarely do I hear people ask about their zinc status. Zinc is an important mineral in our body that is needed for improving immunity, enhancing cell growth and division, improving sleep and mood. It is necessary for the mechanism of action that allows us to taste and smell our food. Optimal zinc status also enhances skin health and insulin regulation.

It is estimated that 12% of the population is zinc-deficient. How do we become zinc-deficient? Current non-organic farming practices leave the soil deficient in many essential nutrients. Consuming foods that are processed and pre-packaged rather than organic whole foods can lead to zinc deficiency. Consuming too many grains can also contribute to zinc deficiency as grains contain phytic acid, a compound that binds to zinc, which contributes to a depletion of our status.

How can you determine your zinc status? There are several ways in which you can ascertain your zinc status. A blood test could be done, oral taste test, or hair mineral analysis. Make an appointment with your family doctor or natural health care provider to request any of these tests.

To improve your zinc levels, I recommend consuming foods such as:

- Green Peas
- Beans (soaking beans in water for several hours will improve bio-availability of the zinc)
- Mushrooms
- Spinach
- Sea Vegetables
- Nuts and Seeds (soaking nuts and seeds is also recommended)
- Oysters
- Organic Grass-fed Beef and Dairy
- Unsweetened Chocolate (cacao)

If your zinc levels are extremely low, you may consider supplementation with a high-quality supplement from a reputable company that practises Good Manufacturing Practices (GMP) including third party testing to ensure the supplement does not contain any lead or other heavy metals. Zinc supplements are relatively inexpensive and a very effective way to protect yourself and your family this winter from getting colds or the flu.

To help boost your immune system this winter, try this wonderful Zinc filled Stir-Fry recipe.

Balsamic & Beef Stir-Fry: 4 Servings

One pound package organic grass-fed ground beef
3 Tbsp Balsamic vinegar
2 Tbsp wheat-free tamari
1 clove garlic, crushed
1 tsp dried oregano
1 tsp dried basil
Mix all above ingredients together in a bowl and let marinate for 30 minutes.

1 Tbsp Grape Seed Oil
1 medium red onion, diced
2 cups mushrooms, quartered
½ cup green peas
1 large carrot, diced
1 cup artichoke hearts
1 cup cherry tomatoes
1 cup chopped parsley
½ cup chopped basil

1. In stainless steel skillet or cast iron pan, brown meat mixture thoroughly until no red is remaining. Remove from pan, place in bowl and set aside.
2. Add 1 Tbsp Grape seed oil and onion to pan, sauté for a few minutes, next add mushrooms, peas and carrots. Stir fry until vegetables are just tender.
3. Add the artichoke hearts, cherry tomatoes, fresh parsley, basil and cooked ground beef mixture. Stir fry for about 2 minutes for the flavours to combine. Serve over brown rice or brown rice pasta.

For more winter recipe ideas, look on my website www.HeatherMB.ca under the "Recipes" icon.

Eat Healthy and Be Healthy.

Disclaimer: Individual articles are based upon the opinions of this author, who retains copyright. This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Heather McKague-Bandl, ROHP, RNCP. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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