

JANUARY 2014

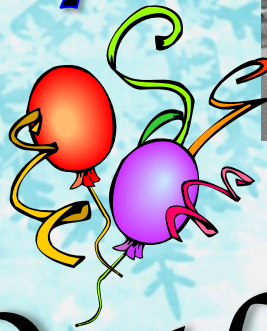
# Happy 2014

from the

# Baden Outlook



VOLUME 13, ISSUE 6



2014 ~ ELECTION YEAR BRINGS ENERGY AND FOCUS TO OUR TOWNSHIP HALL

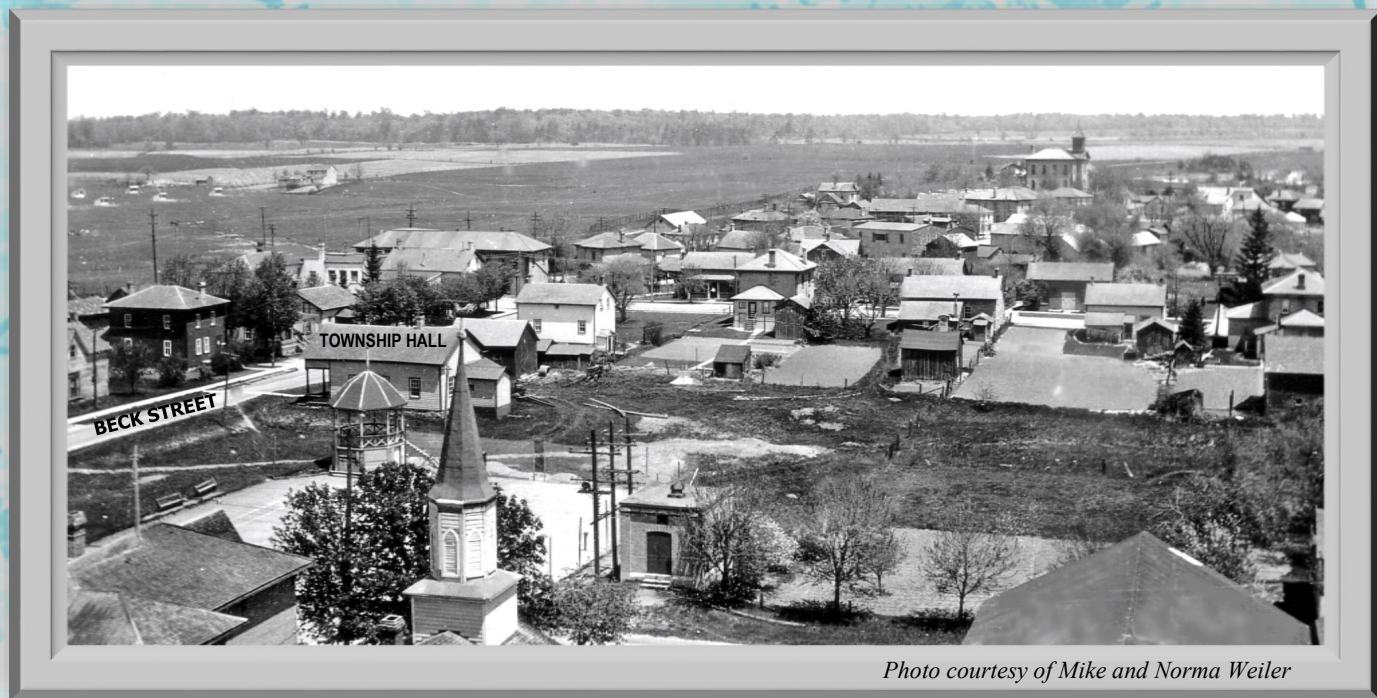


Photo courtesy of Mike and Norma Weiler

*This is the year that may bring new faces to Wilmot Township Council. We see it as timely to review the history of Wilmot Township Halls since 1858— check it out Notes from the Attic on page 32.*

Barry and Pat Fisher  
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*"Keeping the Community Connected"  
With 2900 copies in circulation.*

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## This paper is priceless - Please have one!

# Talking with Ed

## ~ Random Thoughts



We Have a Branch Down – On Saturday, December 21st, Waterloo Region and most of Ontario faced the brunt of a major ice storm. Upon a drive around to inspect the damage, I determined that our back yard was hit pretty hard. We had a total of five major branches down with the largest one being about twenty feet long. Most of the branches were from soft wood trees such as poplar, which makes for a fairly easy clean-up. But it was not only branches that came down; cable wires fell across our driveway and over the front yard, but luckily it didn't affect our service...until they came a week later to rehang it, then we lost our phone and internet service for four days— go figure, right at the first of the month when these services are most valuable to us!



It's That Time Again - January 2 is the first date that a candidate can submit a nomination for the upcoming Municipal elections which will be held on Monday, October 27th. The nomination process runs until Friday, September 12th and election signs can be posted beginning September 27th. For more information about the election, visit [www.wilmot.ca](http://www.wilmot.ca) and then proceed to the clerk's department.

It's That Time Again Part Two - I am not sure which Olympics I like the best—summer or winter. The last winter Olympics gained my interest because they were held in Canada and there was a lot of pride in all Canadians. It was during the last summer Olympics that I happened to step on a bee in my bare feet. I had a crazy reaction and my toe swelled up like a balloon and I was forced stay off my feet for a few days... so I was able to sit and watch the show which I really enjoyed. Both have unique events—but since we are northern people and we do very well with the winter sports, I think I will have to go with the winter Olympics. Go Canada!

No Horsing Around -January 31 is the beginning of the Chinese New Year. This year is the Year of the Horse. The Chinese Zodiac uses 12 animal signs to predict people's fortune. The twelve animals are: Rat, Cow, Tiger, Rabbit, Dragon, Snake, Horse, Sheep, Monkey, Chicken, Dog, and Pig. The 12 Chinese zodiac signs are determined by people's birth year. The year of the horse birth year includes 1906, 1918, 1930, 1942, 1954, 1966, 1978, 1990, 2002, and 2014.



Flip Flop for Teams -Does it seem odd to anyone that the Toronto Blue Jays in 2013 were considered World Series contenders, but ended up in last place? Meanwhile, the Toronto Raptors were supposed to be terrible but are beating top teams in the league and are in first place. We will leave the Leafs out of the picture.

Humorous Article – Months ago I read an interesting column in the Toronto Star regarding the escapades of Rob Ford. The premise was a writer proposing a story idea to a producer. Unsure it could be a big screen movie, it was determined that it make a great mini-series and the writer ran through the early days to current day. Several times the producer said, “So, then he quits?” “No,” claimed the writer. The producer stated that no one would believe this story. I think he is right!



Special People Among Us – Will 2014 be the year for the entrepreneur? Be sure to check on Brant Grozelle on page 26 and Caleb Bors on page 16, as they are two talented people who have excelled in their own fields.

*That's the scoop! Until next month... Ed*

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



## EXTRA EXTRA!!!

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



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

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

# Happy New Year!!

*Greetings from Headquarters!*

Another year has presented itself... it's 2014 and what will this year bring? I wish for the obvious things such as continued good health and happy relationships — without that, what else really matters? I recently heard



on a TV talk show that beautiful and successful Sandra Bullock was quoted saying that “life is disastrous” — and I found that odd and pessimistic. But the chat continued on explaining her view that life offers us one disaster after another—whether it be illness, death, divorce, or destructive weather, to name a few. If we observe the bits of time that pass between the disasters we could come to appreciate the calm, simple uneventful days and accept that as happiness. So does happiness mean life without tragedy and trauma? Do we really expect every day to be happy and filled with joy? And is this why some folks feel like they are always searching for something more from life? Something to ponder.

Over the past few issues you've heard me moan and groan about the new computer and how reluctant I've been about it all. Well, I am happy to report that this issue was indeed created in the new 2013 Publisher —too bad I didn't get on board with the upgrades from the old Microsoft 2000 program I'd been using. I am slowly getting comfortable as I continue to work and find new toys to play with as well (like the shadowed box around my article's title). Barry has encouraged me to take advantage of the on-line tutorials, but I learn best by trial and error, so please excuse me if you see any oddities or bloopers. I have been doing high fives with the dog when the going is good, and walking away when I get frustrated. Anyway, I just wanted to keep you posted on my progress...so thanks for listening! To further my confusion starting this issue, we were without phone and internet service for four days, so excuse me if I was tardy to respond to your call or emails. But in perspective, that was barely a tragedy; a slight inconvenience .




I hope you have the 2014 Outlook calendar and enjoy the archive photos, and be sure to take note of the events happening each month. There are still some available at Baden Feed, Mars Variety, and Baden Eyecare if you'd like one.

*In the dictionary happiness is defined as “the state or quality of being content”... so whatever your definition is, I wish you plenty of it, and I will try out the new theory and hold on to those spaces of time when life is not filled with disaster. My life is good and I will surely count my blessings along the way, every day! Till next month...*



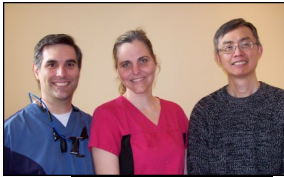
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## Baden ~ Our Town

The Baden Community Association will be hosting a Family Day event at the Wilmot Recreation Complex on Monday, February 17, 2014. The event will be from 1 to 4 p.m. and will coincide with the free swim (1-4) and free skate (12:30 - 2:15) put on by Wilmot Township and the Baden Community Association. 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. Watch for more details 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 29th at 7:00 p.m. in the basement of the township offices. Everyone is welcome to come out and contribute to their community.

The Corn Festival Committee has been meeting to begin planning for this year's event, and they welcome your input. Teresa and Kenton head the committee and can be reached at 519-501-9116 or email [www.badecornfest.ca](http://www.badecornfest.ca) to contact them.



### Hosting Family Day Event February 17, 1-4 pm Wilmot Recreation Centre

*Enjoy the free swim and skate on Family Day, courtesy of Wilmot Township and The Baden Community Association.*

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

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

## Baden Firefighters Association



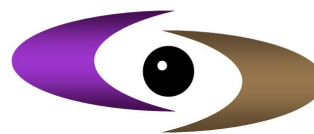
### Annual Fundraising Dance

St. Agatha Community Centre  
Saturday January 25, 2014  
8:00 pm to 1:00 am

**\$10 / Person**

Tickets Available @ Mars Convenience,  
or from any Baden Firefighter,  
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## Wilmot's Youth Action Council is HERE!

The Township of Wilmot wants to hear our Youth's opinion! The Youth Action Council held our first meeting in October, and began brainstorming our ideas about what we want to see the youth of Wilmot have access to, including recreation, jobs and volunteering opportunities. The Youth Council has been working hard planning our upcoming events for the year and planning on how to become more involved in our community. Our goal is to create a self-sustaining Youth Action Council, where all youth ages 14 through 19 have a safe space to become involved members of the Community, and better themselves in the process. The main focus for Y.A.C. is about getting the Youth involved! We plan to do this by holding Monthly Events to engage the community in hopes of creating stronger community ties.

Each event will aim at strengthening leadership skills for the Y.A.C. members, as well as bringing the community together to have some fun. Our next event is The Secret Survivor, being held on Saturday January 25th from 6-10pm at the Wilmot Recreation Complex. The Secret Survivor is a series of team challenges for youth ages 14-19 to compete for cool prizes. Each team will have to come up with a team name and will have a team colour to represent unity within their tribe. The Secret Survivor takes the game *survivor* to a whole new level of challenges and team competition! There is a maximum of 6 survivors per team, and there is a cost of \$5.00 per player to cover pizza, pop and team bandanas. To register please see a Y.A.C. member or contact the Facilitator, Lacey Smith at [lacey.smith@wilmot.ca](mailto:lacey.smith@wilmot.ca) to get a registration form. For more information you can either attend a meeting (first 3 Wednesdays of the month) or contact the facilitator.



**TOWNSHIP  
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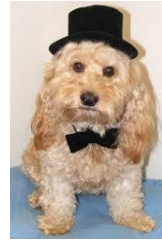
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### Approximate Township Population Information

	PPH*	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Baden	2.79	2,371	2,753	3,314	3,576	3,808	4,003	4,223	4,402	4,553	4,653	4,742
Foxboro Green	2.00	430	430	430	430	430	430	430	430	430	430	430
Haysville	3.00	129	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	914	992	1,043	1,064	1,071	1,071	1,071	1,071	1,067	1,067	1,071
New Dundee	2.95	1,167	1,185	1,199	1,214	1,214	1,214	1,214	1,214	1,217	1,220	1,223
New Hamburg	2.61	6,351	6,489	6,578	6,779	7,006	7,176	7,387	7,664	7,930	8,084	8,241
Petersburg	3.05	394	391	394	400	403	406	406	406	406	406	406
Philipsburg	2.95	77	77	80	80	80	80	80	80	80	80	80
Shingletown	3.23	103	110	110	110	113	113	113	113	113	113	113
St. Agatha	3.09	621	621	621	624	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	55	55	55	55	55	55	55	55	55	55
Non-Settlement	3.00	3,264	3,270	3,279	3,288	3,288	3,312	3,318	3,333	3,330	3,324	3,327
<b>Township</b>		<b>15,974</b>	<b>16,603</b>	<b>17,333</b>	<b>17,850</b>	<b>18,321</b>	<b>18,713</b>	<b>19,151</b>	<b>19,621</b>	<b>20,035</b>	<b>20,286</b>	<b>20,541</b>

\* Calculated from 1991 Assessment Estimates

December 31, 2013: Township of Wilmot Development Services



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## Let's Read Family Literacy Day



Is your family looking for a fun-filled afternoon to cure the January winter blues?

The 16<sup>th</sup> Annual Family Literacy Day will be held at Conestoga Mall in Waterloo on Jan. 26, 2014. This event is hosted by the Project Read Literacy Network, in partnership with numerous local agencies that provide intergenerational literacy programming throughout Waterloo Region.

This fun-filled event features an exciting line up of literacy-themed activities, games and opportunities for the whole family, with more than a dozen information booths. Children receive a passport to take to each activity booth, earning a stamp for each activity completed. Submit the stamped passports for a free book! Don't miss the large group reading area and listen in as local politicians read great books to families.

Erick Traplin will once again be providing singalong sessions. Because music is an important part of early literacy, it is a key part of Family Literacy Day. There will be three different singalong times, so you won't miss out. The singalongs will be at noon, 1 p.m., and 2 p.m. in the centre court area in the corridor between Target and Hudson's Bay.

Janelle Wenger  
Family Literacy Coordinator & Let's Read Committee Member  
Region of Waterloo Library

## Ask Armand ~



Jake from Baden asks: Can you tell me when Hydro first came to Baden?

Armand says: Baden first received Hydro in December 1911. The power was turned on by Sir Adam Beck himself, and St. James Church was the first building to be turned on. Sir Adam Beck was born and raised in Baden and was son of Jacob Beck, the founder of Baden. Adam was born on June 20, 1857 and died on August 15, 1925. He was a politician and hydroelectricity advocate who founded the Hydro-Electric Power Commission of Ontario.

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## Checking Out the Baden Library



### Free Computer Help and More!

Did you know that the Region of Waterloo Library has a computer trainer on staff who provides free computer and technology training? You pick the topic and our computer trainer will provide one-on-one training sessions. She can help you:

- Build confidence using a computer
- Set up an email address
- Navigate the library catalogue or internet
- Use our online research tools
- Download ebooks, emagazines and music to your computer, tablet or e-reader
- Learn a multitude of other technology-related skills

Appointments are usually one hour in length and you can bring along your own laptop or device, or use the public computers available in the branch. To make an appointment, contact Penny, our computer tutor at 519-575-4590 x 3226 or [pmcgill@regionofwaterloo.ca](mailto:pmcgill@regionofwaterloo.ca).

Penny will also be delivering group workshops and presentations about technology throughout the year in several library branches. The Baden Branch will host our first presentation called "Using your new device with library services!" on Jan. 22 from 6:30 to 7:30 p.m. Learn how to use your new ereader/tablet/computer or other device to download eBooks and Audiobooks (downloadLibrary), magazines (Zinio), and music (Fregal) with your Region of Waterloo Library Card. All of these wonderful services are free, and trust me, once you get started, you will find it's hard to stop. Penny will cover the basics of each service in the presentation and send you home with getting-started instructions. Remember to bring your questions to the session! **Come Read With Me Family Storytime - Thursdays from Jan. 9 - Feb. 27, 6:30 – 7:15 p.m.** Recommended for children 3 to 7 years with their parent/caregiver. Listen to stories, play games, and make crafts. Drop in! It's free!

**Questions? Contact us at 519-634-8933 or [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) for more information.** **Current program/event** information is available in our Events Calendar at [www.rwlibrary.ca](http://www.rwlibrary.ca).

Chris Baechler, Assistant Supervisor—Baden Branch

## Hockey Night with the Firebirds

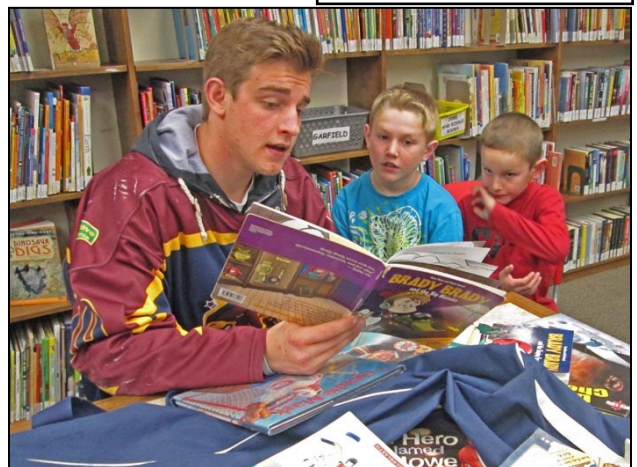


Hockey Night at the Baden Library with the New Hamburg Firebirds was enjoyed by twenty-seven excited children and their parents. It is the third year the library has run this popular event. There was a hockey bag full of stories to be enjoyed together, including this year's

Let's Read pick - *Snow Day!*, as well as opportunities for children to play air hockey or checkers with one of the Firebirds. Connecting the Firebirds with local families has proven to be a very valuable experience for the community. Parents have commented that their children talk about it for days and months after the event. It's exciting for the children to spend time with the players— their local hometown heroes.



*New Hamburg Firebirds players shared Snow Day! with families throughout the Baden Branch – even in the bath tub.*



*The New Hamburg Firebirds shared some of their favourite stories, on their favourite topic, hockey!*



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## You Must Be Joking!!



Always wear clean underwear in public, especially when working under your vehicle. From a local newspaper comes this story of a couple who drove their car to Wal-Mart, only to have it break down in the parking lot. The man told his wife to carry on with the shopping while he fixed the car in the lot. The wife returned later to see a small group of people near the car.

Upon closer inspection, she saw a pair of male legs protruding from under the chassis. Although the man was in shorts, his lack of underwear turned private parts into glaringly public ones. Unable to stand the embarrassment, she dutifully stepped forward, quickly put her hand UP his shorts, and tucked everything back into place. She then took a deep breath and stood up boldly to face the crowd. When she looked across the hood, she found herself staring at her husband, who had been standing idly by. The mechanic, however, had to have three stitches in his forehead.



Submitted by Robert Price

## Happy 90th Birthday Kaye Hofstetter!



Kaye celebrated her 90th birthday on December 25th and was surprised by a birthday party at the NH Legion on Saturday, January 11 with friends and family. Legion President Brad Sword and Mayor Les Armstrong were there to award her with certificates from the township, the legion and both federal and provincial governments. Kaye is healthy and well and continues to enjoy life playing darts at the Legion twice a week. *Wishing her continued health and happiness!!*

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Thanks to all who participated in the contest last month.



This picture was taken across from the Westwood green houses on Sandhills Road, south of Baden.

The winner of the draw is Steve Good. He stated that he enjoys driving in the country as a way to unwind and relax.

This month's photo was taken this past fall in Baden, and if you look closely you will be able to recognize things to help you with the location. Closing date is Feb 1, 2014.

Please email [rick@giftsfromtheheart.ca](mailto:rick@giftsfromtheheart.ca) to enter the contest for a \$30 gift certificate.

*"Keeping the Community Connected"*

**Happy Holidays**  
from Johanna, Parvez, Jenna, Alyssa and Ethan

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THE COMMUNITY PLAYERS OF NEW HAMBURG proudly present  
**RAGTIME**

The Community Players are looking for a limited number of ensemble performers to join the already selected *Ragtime* cast. All principal roles have been cast and this additional opportunity is limited to the following specific requirements;

**White and Black Men (Aged 18 – early 30s)**  
**Black Women (Aged 18 – early 30s)**

All applicants are required to familiarize themselves with the posted audition requirements to prepare for their audition. Auditions will be held Thursday January 16th, 2014 at the St. Agatha Community Centre starting at 7pm.

Rehearsals begin February 16th and TCP's 30<sup>th</sup> Anniversary production of *Ragtime* will be onstage May 8-11, 2014 in the Trinity Theatre at the New Hamburg Community Centre.

To book your audition today email [auditions@thecommunityplayers.com](mailto:auditions@thecommunityplayers.com) or check out the [audition info page](#) on our website.

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# Youth Programs

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

*Our programs are youth driven.*

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

### GIRLS NIGHT:

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

**Tuesdays** at WFRC (175 Waterloo St. NH) - 5pm to 8pm. Beginning Jan. 14/14 ~ \$2 admission.

### WFRC YOUTH DROP-IN:

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

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

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

**Thursdays** in NEW HAMBURG at Forest Glen PS gym— 6:30pm to 8:30pm

Winter session begins Jan 9/14 ~ admission \$1.

### WILMOT REC. COMPLEX YOUTH ROOM:

**OPEN— Fridays** from 5pm to 10pm

**Saturdays** from noon to 5pm

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

*Questions?? Please do not hesitate to call 519-662-2731 x210 or email cr4wfrcc@bellnet.ca*

[www.wilmotfamilyresourcecentre.ca](http://www.wilmotfamilyresourcecentre.ca)



Wilmot Family Resource Centre Inc.

**PD Day!! Friday, January 17**



**Bus Trip to..**



**Youth grades 5 to 8**

Pick up: 10:30 am - Drop off: 3:45 pm  
at Wilmot Rec. Complex

Cost: \$25. includes bus  
& Tube Park admission

Full details on our website

[www.wilmotfamilyresourcecentre.ca](http://www.wilmotfamilyresourcecentre.ca)

Space is limited sign up early!! [cr4wfrcc@bellnet.ca](mailto:cr4wfrcc@bellnet.ca)

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*Wilmot Jujitsu is pleased to offer Ninpo Bugei  
(Traditional Ninjutsu) to the program. Classes will be  
held from 7:15 - 8:15 p.m. on Tuesdays and  
Thursdays and is open to ages 14 and up.*



*Please see the following website for  
more information. [www.genbukan.ca](http://www.genbukan.ca)*

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

# LookOut Kids' Korner

I hope you didn't get a lump of coal in your stocking this Christmas. If not, then did you say thank you to everyone who gave you a gift?



Grandparents especially appreciate when you take the time to tell them how much you like their gift—don't take them for granted!

Kindness goes a long way, and most often when you show kindness someone returns it back to you—and we all need more of that! Try it out for a day and see when, where and whom you can be extra kind to!



Remember to lend a hand, or give a gentle push if someone needs a lift!



**Put your phone away and pay attention to those who are talking to you — there should be an App for that ... called RESPECT. Be courteous with your phone when you are around people, no matter who they are or where you are!**



It's cold out there...be sure to give hugs whenever you can!

Using the letters in the word KIND, see if you can get 2 boys and girls names that begin with each letter—our answers are at the bottom of the page, but no peeking till you are stuck.

K	I	N	D

Hey! Kids, ages 4-10  
You are invited to...

## F.R.O.G



Tuesdays, 6:30 - 8:00 p.m.,  
Baden Public School  
-fun group games and spontaneous play in the gym

**Everyone is welcome!**

For more info contact Susan  
thirdspaceconnections@gmail.com

### Attention All Parents!!

It's a new year and many of us have made resolutions to do all kinds of things better than we did last year. Parenting is one of those things that we always feel we can improve! Third Space Connections (sponsors of FROG, the weekly Tuesday evening free play time at Baden Public School gym) is happy to partner with Interfaith Counseling Centre to offer two workshops to help you on your journey of being the best parent you can possibly be. Join us at one or both of these workshops. Remember that children ages 4-10 can join the fun in the gym.

Tuesday January 28 - **Kids Get Stressed Out Too** 6:30pm

Tuesday February 25 - **Encouraging Positive Friendships in Children** 6:30pm

Please rsvp to [thirdspaceconnections@gmail.com](mailto:thirdspaceconnections@gmail.com) or Interfaith Counseling Centre at 519-662-3092.

Answers to names starting with KIND

Donna	Natalie	Ingrid	Krista
Darlene	Norma	Ivy	Kelly
Diane	Nancy	Iris	Karen
Dorothy	Nicole	Irene	Kate
David	Nathan	Isaac	Kevin
Drew	Nickolas	Ivan	Kaidan
Duncan	Norman	Ian	Karl
Daniel	Neil	Igor	Kyle

# Nith Valley Animal Hospital



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## Waterloo Oxford Students Host Seniors Christmas Feast



Waterloo-Oxford District Secondary School's annual Seniors' Feast held in our cafeteria on December 11, 2013. Our staff and students provided 240 of our local seniors with a wonderful turkey dinner, along with an evening of music, singing, and entertainment.

*Photo by Heather Thomson.*

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*Submissions are due on the  
first of each month.*



## NEW HAMBURG LIONESS GIVE THANKS FOR TREE OF LIGHT SUCCESS

Our 30th annual Tree of Light ceremony was a great success. An enthusiastic crowd gathered and enjoyed hot dogs and hot apple cider. The weather co-operated 100%. We are very happy to report we made our goal and raised \$12,058.52.

Our project has been made possible through the generosity of the local businesses and individuals that donated personally. To you we extend our most sincere THANK YOU!

Thank you to the New Hamburg Concert Band who played for our caroling and the Forest Glen Concert Choir, and Grand Harmony Chorus for their fantastic singing.

Thank you one and all for your generous support. You are a caring community.

*New Hamburg Lions and Lioness.*

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## Improving the Health of our Community *By Melodie O'Connell MSW RSW*



Throughout our lives, we have a tendency to focus on what needs to be changed or improved. We are always looking at how to make things (or ourselves) better. As a result, we start to develop a perception that "things are not good enough," or "we are not good enough." Interestingly, our perception may be different if we are looking at ourselves, compared to looking at others.

Do you remember receiving a test back from a teacher while you were in school? If you received a 9/10, you would always look to see where you lost the mark. The one mark that you lost became the focus, and the 9 that you received were dismissed. In contrast, if a friend or classmate received a 9, you would congratulate them on doing well. As we continue to grow, we have a tendency to reinforce the concept that what we do is not good enough. We continue to look for ways to improve. As a result, we continue to push ourselves towards perfection, and anything less than perfection means failure (or not good enough). If we continue to live our lives in this way, we may start to notice symptoms of anxiety and then depression begins.

I think it is important for us to identify where this pressure for perfectionism is coming from. Is the pressure

coming from an employer who is demanding more and more from you; is it from a spouse who may be trying to maintain a certain image; is it coming from parents who may have always pushed us throughout our lives; or is it coming from ourselves? When we can identify where it is coming from, we are in a better position to identify our next steps. Quite often, we hear a voice within our head telling us that we have made a mistake, or something we have done is not good enough. It is important for us to acknowledge the voice, and challenge it.

We need to learn to be gentle on ourselves. We need to accept our strengths and weaknesses equally. It is important for us to give ourselves permission to 'let things go' and trust that we can cope with the situation, whatever the result may be.

There is a phenomenal book that I would recommend to anyone who may want further information on this topic. *When Perfect Isn't Good Enough*, written by Martin Antony and Richard Swinson, looks at the origins of perfectionism, and focuses on strategies to help people cope with perfectionism.

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## Baden Outlook Hockey Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Jim Gilbey	509	1	Taylor Naumann	473
2	Tim Gowland	477	2	Aiden Heinbuch	460
T3	Bob Good	476	T3	Kaden Eichler	457
T3	Kimstress	476	5	Nate Gardner	453
5	Bruno Egli	473	6	Whitey Moore	451
6	Lajos Guta	467	7	Rowan Dibben	450
7	Janice Gingerich	465	8	Brayden Gingerich	449
8	Don Culbert	464	9	Daniel Kreller	448
9	Bonnie	463	T10	Owen Kunkel	447
T10	Brady Schmidt	462	T10	Luke Bennett	447
T10	Bill Fleming	462	12	Meghan Mueller	446
T10	David Kleine	462	13	Tate Brenner	442
T13	Gerrie Culbert	460	14	Brielle Dibben	440
T13	Tom Bennett	460	15	PC Moore	439
15	Tracey Mino	458	16	William Austin	435
T16	Lindsay Snyder	457	17	Tyson Lobo	434
T16	Rick Miles	457	18	Benjamin Goodyear	431
T18	Cam Gingerich	456	19	Kaidan Peoples	430
T18	Arlene Naumann	456	20	Alyssa Gingerich	429
T18	Brittney Snyder	456	21	LaShaedyn Faulkner	428
T18	Hollywood Moore	456	22	Myla Blackshaw	427
T22	Dave Miles	455	23	Spencer Boshart	426
T22	Joel Egerdee	455	T24	Carter Girodat	425
T24	Karianne Jokic	454	T24	Tyson Ruston	425
T24	Geordy Fournier	454	26	Paige Naumann	424
T24	Greg Naumann	454	T27	Jaimie Usher	423
T27	Deanna Carney	453	T27	Bryn Fournier	423
T27	Baden Bettschen's	453	T29	Kodi Blackshaw	422
T27	Bob Abbott	453	T29	Payton Egli	422
30	Brad Snyder	452	31	Allie Gardner	421
T31	Joyce Leis	451	32	Tanner Schwartzentruber	420
T31	Brad Chard	451	T33	Ben Habel	419
T31	Jim Van Every	451	T33	Carter Alderson	419
T34	Chris Murray	449	T33	Aiden Kropf	419
T34	Kristen Struth	449	36	Brooklynn Hill	416
T34	Daniel Jutzi	449	T37	Hunter DeLay	415
T34	Michelle Ruston	449	T37	Matthew Goodyear	415
T38	Craig Tallman	448	39	Jordyn Ertel	413
T38	Dave Randerson	448	40	Calli Storer	412
40	Brady Sarazin	447			

Congratulations to  
**Bob Good** 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  
**Aiden Heinbuch**, winning a gift  
 certificate from **Riverside Lanes.**

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

The lucky random draw winner is  
**Matthew Goodyear** winning a  
**Baden Outlook sweater.**

A fellow came into a bar and ordered a martini. Before  
 drinking it, he removed the olive and carefully put it  
 into a jar. Then he ordered another martini and did the  
 same thing. After an hour, when he was full of martinis  
 and the jar was full of olives, he staggers out.

"Well," said a customer, "I never saw  
 anything so peculiar as that!"

The bartender smirked and said, "His  
 wife sent him out for a jar of olives."



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### The Baden Outlook Hockey Pools



Hello sports fans –Thanks for playing hockey with us!  
 There are 316 adults and 71 kids entered in this year's  
 Outlook Hockey Pool. Be sure to follow your stats  
 which are updated daily on the site. The Outlook  
 draws the stats on the 7th of the month.

To follow the stats, log on to our website at  
[www.badenoutlook.com](http://www.badenoutlook.com) Click on sports pool—choose  
 "hockey " The pool I.D. is [outlookhockey](http://outlookhockey) or [outlookkids](http://outlookkids)

and the password is quest. To view both pools, you must  
 log out of one to get into the other.

The top entries will be listed. Have Fun and Good Luck!



## Significant Baden Residents, Past & Present... Trivia Quiz

Many have made their mark and they deserve to be recognized. This quiz is to test your knowledge of some of these former and current Baden folks who made a difference in our town and abroad. Simply draw a line to match the name to the achievement.

1	The longest running Mayor in Wilmot	A	Mary Hofstetter
2	Kitchener's Mayor	B	Harold Schmidt
3	Pioneer of Electric Hydro in Ontario	C	Mary-Eileen McClear
4	Owner of Expressway Ford	D	Larry Graville
5	Soap Box Car Racer Champion	E	Jacob Beck
6	Long standing businessman icon, councillor	F	Tim Scheerer
7	Professional Storyteller & Recipient of the Queen's Diamond Jubilee Medal	G	Wayne Roth
8	Former Waterloo Region Police Chief	H	James Livingston
9	Founder of Baden	I	Calob Bors
10	Co-Owner of Baden Feed and Supply	J	Urie Bender
11	Owner of Erb Transport	K	Mike Weiler
12	Businessman and founder of Dominion Linseed	L	Carl Zehr
13	Famous Playwright and Pastor	M	Vernon Erb
14	Longest running Firefighter/Fire Chief in Wilmot	N	Adam Beck
15	Granddaughter of Koehler Bakery, then President and CEO of the Banff Centre for the Arts	O	Ray Brenneman

### NEW WINE FOR SENIORS

A single glass of wine before turning in at night could mean a peaceful, uninterrupted night's sleep.



Clare Valley vintners in South Australia, which primarily produce Pinot Blanc, Pinot Noir, and Pinot Grigio wines, have developed a new hybrid grape that acts as an anti-diuretic.

It is expected to reduce the number of trips older people have to make to the bathroom during the night. The new wine will be marketed as PINO MORE!

Sorry... **I HEARD IT THROUGH THE GRAPEVINE!!**

*Email submitted by Robert Price*

*Trivia Quiz Answers on page 25*



## RIVERSIDE LANES



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## Interesting People ~

Baden's Caleb Bors is getting recognized throughout the soapbox racing circuit – and for good reason. He is accumulating wins each year and has many trophies and medals to prove it.

Caleb began racing at age five. Tony Hartleib and Ingrid Taylor, Caleb's grandfather and grandmother, have a cottage near Peterborough and on a whim Tony suggested to Caleb the idea of assembling a pre-fab car and entering the Junior Spec, non-competitive soapbox race at the Gravity Cavity at Kawartha Downs. Caleb agreed. His first attempts were not so good, and he earned the name of "Swamp Doggie" as he ran off the track several times – once into a ditch full of water. The next two years were a learning experience as he perfected his techniques in the non-competitive class, which made him a force to be reckoned with when he moved to the competitive races.

There are five divisions within the competitive race schedule – broken down by age, height, and weight. These divisions are stock, super stock, masters (all 3 are kit cars ordered from the All-American Soap Box Derby), as well as the hobby category (mainly a wood body) and the hobby pro category (fibreglass and plastic bodies). Races have strict rules regarding modifications, wheels, paint, etc. and cars are inspected before each race.

There are two organizations in Ontario – The Greater Peterborough Soap Box Derby Association (GPSBDA) and the Canadian Soap Box Racing Association (CSBRA). The latter holds competitions at many Ontario communities including Oshawa, Niagara Falls, Kingsville, Smith Falls, Milbrook, Bridge North, and Sudbury. Caleb has won at many of these communities. Caleb has placed 1st the past two years in both organizations in the Super Stock division!

At the age of seven, Caleb began entering the competitive category. A race usually involved an entire weekend and he would race at least 15 times a year. There are two ways to get to the world championships held in Akron, Ohio each year. The first is to win a Local Championship (a racer can only enter Akron once through this method) and Caleb did this at age 9. The other way to get to Akron is to go as a Rally Champ, where the driver has the most accumulated points, which are earned through racing as many races possible, at sanctioned All-American Soap Box Derby (AASBD) races. These are held in various locations, with just a few happening in Canada, and the rest in the United States. Caleb was one of the first to represent Canada as a Rally Racer last year



## Meet Soap Box Racer ~ Caleb Bors

in Akron! Caleb is the only Canadian representative to race Akron as both a Local and a Rally Champ.

Safety for the child is paramount, as in some of these races the car can reach speeds up to 50 kilometres per hour, and the race will last 25 to 30 seconds with a difference of .001 second between winning and losing. There are many factors that differentiate drivers including concentration, understanding the track (curves, manhole covers etc.), and determination. Caleb has a great crew led by Grandpa Tony and Grandma Ingy. Tony is co-owner of R J trucks of St. Agatha and is also the sponsor of their team. He also has had the amazing support of Mom and Dad (Amanda and William).

The competition in Akron is stiff! Racers from the United States can race 30 to 40 times a year and take the sport seriously. There are also racers from all over the world, including Germany, New Zealand, Japan and other countries. The festivities start on Monday and end on with the big race on Saturday. Unfortunately, the heats consist of three competitors against one another and the one winner moves on. Caleb won his first heat, the first year and lost on the second. He was the only underage Super stock champ in Akron and was given an exemption that year. Last year he lost his first heat, but the person who put him out came in second for their class.

Caleb has certainly done Canada and Baden proud. So, the new schedule will be out soon and Caleb will be gearing up for another year at the track. Bravo Caleb, you are a champion!!

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## HOW TO STAY YOUNG

1. Try everything twice. On one woman's tombstone she said she wanted this epitaph: *Tried everything twice. Loved it both times!*"

2. Keep only cheerful friends. The grouches pull you down. (Keep this in mind if you are one of those grouches!)



3. Keep learning: Learn more about the computer, crafts, gardening, whatever... Never let the brain get idle. 'An idle mind is the devil's workshop.' And the devil's name is Alzheimer's!

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with HIM/HER.



6. The tears happen: Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. *LIVE while you are alive.*

7. Surround yourself with what you love: whether it's family, pets, keepsakes, music, plants, hobbies, whatever.. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips.. Take a trip to the mall, even to the next county, to a foreign country, but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

11. Be kinder than necessary, for everyone you meet is fighting some kind of battle.

12. Forgive now those who made you cry. You might not get a second chance.



*Submitted by Julie Allen, Grand Cayman Island*

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# Eat Well ~

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



## Happy New Sprout

Sprouts are a great metaphor for the New Year. They signify new beginnings and hope for a healthy new year. They are little power houses that nutritionally support, cleanse, and detoxify your body. They provide an excellent source of vitamins, minerals, over 3000 enzymes, 200 proteins, not to mention 3900% more beta-carotene than lettuce and all the vitality that goes along with it. Sprouts are the easiest food to grow and the best part is that you can grow them all year around, right on your kitchen counter.

My favourite food to sprout is organic Mung Beans. You can sprout in a glass, bowl, plate, or sprouting device that can be purchased at your local health food store. Mung beans are the most consumed sprout on Earth and are grown traditionally in China as they are used extensively for Asian cuisine. Mung bean sprouts are also great for adding to recipes that you prepare this winter, adding a kick of taste, freshness, and nutrition all in one.

Mung bean sprouts are naturally high in vitamins A, B, C and E, Calcium, Iron, Magnesium, Potassium and Amino acid proteins.

To prepare your Mung bean sprouts: soak approximately 3 Tbsp. of dry Mung beans in water overnight for 8 hours, then pour them into a sieve, rinse and place on a glass pie plate to drain. Pour a small amount of water into the bottom of the pie plate and cover with a dome lid that allows light in and keeps household dust and airborne contaminants out.

Rinse and drain the water every 8 hours until you see small shoots popping out of the beans. Once the shoots are ¼” long, the sprouts are ready to eat, usually in 1 ½ to 2 days.

Mung bean sprouts are an inexpensive way to increase your nutritional intake this winter. They are fun to grow and can be included in healthy lunches for you and your family. When it comes to sprouting, the world is your oyster: experiment with different dried beans, nuts, and seeds for variety. Have a Healthy New Year.

For more information about Orthomolecular Nutrition or to book your private consultation, please visit my website [www.HeatherMB.ca](http://www.HeatherMB.ca) or call me at 519-502-0799.

## Eat Healthy to 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.

## Heather McKague-Bandl

ROHP, RNCP, Orthomolecular Nutritionist

253 Charlotta St., Baden, ON N3A 4M8

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## "Get It Together"

...with Donna & Rhonda

### A Time to Reflect

January is a great time to sit down and reflect on the past year and to start dreaming about the year ahead. Take some time to ask yourself some questions. Below are some questions that challenge us to redefine our goals and our purpose.



1. If you were to FULLY live your life, what is the first change you would start to make?
2. What areas of your life could be upgraded/tweaked?
3. What could you work on now that would make the biggest difference in your life?
4. What are you tolerating/putting up with?
5. What would you try now if you knew that you could not fail?
6. What's one thing you would love to do before you die?
7. What could you do right now that would really put a smile on your face?
8. What's one change you could make to your lifestyle that would give you more peace?
9. What are your three greatest strengths?
10. If you had to guess your life purpose (looking at your life to date), what would it be?

I encourage you to share the answers to your questions with someone. Commit to making a change in one area of your life.

Make 2014 your best year yet!

In order . . . . to live a life of purpose

We are at the beginning of a new year! Now is the perfect time to look around your space and decide whether or not you need to "keep or toss". Ask yourself these questions:

- Have I used this item in the past year?
- Is it serving a specific purpose?
- Do I still like it?
- Is there a legal reason for keeping it?
- Do I have a place to store it where I will find it again?

If any items fall into the "toss" category - decide whether or not it is "donation worthy" and take it to the thrift store. If it is garbage, please throw it out. Make sure any item that you keep is because it is useful and you love it!

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



These folks from Foxboro took their Outlook on a cruise. L-R: David Muir, Lynda Veitch, Stan and Rosemary Sobiera, Sandi Muir, Marg Alexander, Jim Veitch and Ross Alexander, wearing the Signature Holland America robes. They sailed together for two weeks in Eastern and Western Caribbean.



Glen Diamond surprised his wife Ev with a trip to Jamaica for her birthday. Harley & Wini went along and took the Baden Outlook on their visit to the rain forest in the Blue Mountains.



Thanks to Wellesley Home Centre, Ron and Linda Brander took the Baden Outlook to Mexico.



Wendy and Scott Gibbons had an amazing trip to Cayo Santa Maria, Cuba. They took their Baden Outlook along to celebrate their 20th Anniversary, and are still in love! They enjoyed visiting a Bat Cave on a Nature hike and got to pet Dolphins.



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Bruce and Jane Leis (New Hamburg), Wanda Leis (Waterloo), and Dawn Tomlinson and Kirk Chan from Baden went hiking with their Outlooks on the Cinque Terre in Italy.



Lois and Ted Kinney took the Baden Outlook to Iceland; they are seen here at Hallgrímskirkja, a beautiful church in Reykjavik.



Donna Grigg from New Hamburg with her son, Jim Slezak from Seattle, treated her to a week in England and they got their picture taken in front of Harrods in London all lit up for Christmas.



Diane and Peter went on a month long holiday to South Pacific Hawaii, Tahiti, and Samoa. Total distance they travelled was 11,288 miles on the Sapphire Princess.



Justin Jantzi, Nathan Reidel, Austin Bender, Jesse Sop, Jacob Hutchinson, Tyler Yantzi endured 85 km/h winds and burly temperatures to take the Baden Outlook to the top of Mt. Marcy, the tallest mountain in New York State at 5343 feet above sea level. Photo taken by renowned guide and team member Kirk Bergery.



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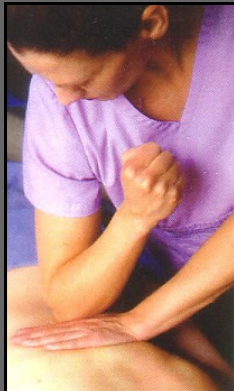
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Many individuals strive to incorporate more exercise into their daily routine and for good reason. Regular exercise has long been identified as an essential element of good health due to its ability to positively affect every organ and structure in the body. However, if done in excess, exercise can also lead to negative health consequences such as over-training syndrome (OTS).

OTS occurs when there is an imbalance between exercise training and the body's ability to recover. This typically occurs when exercise volume (the total amount of exercise performed) and intensity (the total amount of effort exerted) are both too high for an extended period of time. Therefore, it is important to find the correct balance between exercise volume and intensity. A good exercise program should allow you to exercise on a regular basis without "burning out".

It is important to recognize the signs and symptoms of OTS which may include:

- Performance related issues such as: decreased strength, endurance, and power; poor workout recovery; an inability to complete workouts.
- Physical symptoms such as: an increased resting heart rate; persistent aches and pains in muscles and joints; repetitive strain injuries.
- Health related symptoms such as: frequent headaches; chronic fatigue; gastrointestinal distress; menstrual irregularities; decreased recovery from and/or increased susceptibility to colds, sore throats, and other illnesses.
- Mood and behavioural changes such as: insomnia; loss of appetite; increased irritability; depression; decreased motivation to exercise.

Below are some useful tips that can help overcome or minimize the chance of OTS:

1. Rest is essential for recovery. This may include absolute rest from all exercise activity or increasing the recovery time between exercise bouts. Proper rest allows for the body's important biological systems to recover, repair and recharge.
2. Change your training method. Look at the cumulative stress of the exercises performed. Use a variety of exercises when training specific body regions and avoid continuous training without proper recovery. Change your program frequently and find the

right balance between exercise volume and intensity.

3. Check your nutritional status. Your body needs the proper nutrients to function optimally. Inadequate intake of carbohydrate and protein can lead to muscle fatigue and poor muscle tissue repair. Healthy fats are needed to produce hormones that regulate many body functions. Dehydration can contribute to muscle cramping and joint pain. Avoid nutrient deficient foods such as trans-fats and refined sugars and starches which put physical stress on the body.

4. Get professional help: Overcoming OTS is not always simple. There are healthcare practitioners who can treat physical injuries and provide advice on nutrition and proper exercise training techniques.

Recognizing the signs and symptoms of OTS and knowing how to avoid or minimize its effects can ensure that you can continue to enjoy the many health benefits exercise has to offer. For additional information on exercise, nutrition, and improving your physical health, visit [www.nhwc.ca](http://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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# Cook's Corner



When I think about comfort foods I think of potatoes. They are versatile and economical. You can get a lot of meals from a 10 lb. bag of potatoes. Are potatoes healthy? Yes they are!



It's a surprise for many to discover one medium potato (5.3 oz) with the skin contains:

- 45 percent of the daily value for vitamin C
- More potassium (620 mg) than even bananas, spinach, or broccoli;
- 10 percent of the daily value of B6;

Trace amounts of thiamine, riboflavin, folate, magnesium, phosphorous, iron, and zinc...and all this for just **110 calories** and **no fat, sodium or cholesterol**. **Potatoes contain antioxidants**. The amount and type depend on the variety of potato, but the predominant antioxidants are certain carotenoids and anthocyanins.

Versatile? You bet! You can simply boil them, or mash them with butter, milk, salt and pepper, or add minced garlic and cream cheese for decadent mashed tatties. You can enjoy pan fried, deep fried, baked, scalloped, soup, salad, fritters or pancakes, not to mention everyone's favourite treat...potato chips!! What won't a potato do?

Q: What do you call a baby potato?

A: A small fry!

Q: Why do potatoes make good detectives?

A: Because they keep their eyes peeled.

## PAT'S QUICK AND TASTY TOSSED TATTERS

Cut medium sized red potatoes into quarters  
Cut 1 medium red onion into 8 wedges

Into 2 tbsp. olive oil, toss your favourite assorted dry herbs (oregano, thyme, rosemary), minced garlic, and 2 tsp balsamic vinegar

Toss potatoes and onions into herbed olive oil mixture until well coated.

Roast uncovered at 425° for 30 minutes, or until tender, stirring occasionally. When done, turn into serving bowl and toss with salt and pepper.

## GREG'S HOT GERMAN POTATO SALAD

9 medium potatoes  
(boiled and diced)  
6 slices bacon  
¾ cup chopped onion  
2 tbsp flour  
2 tbsp sugar  
1 tsp salt, pepper to taste  
¾ cup water  
1/3 cup vinegar

Fry bacon, remove from pan. Brown onions in bacon grease. Combine flour, sugar, salt and pepper and stir into browned onions and simmer while thickening. Stir water and vinegar into mixture stirring until boiling. Add chopped potatoes and crumbled bacon to mixture, stir and heat through.

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(against tables, chairs,  
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and people.)



Answers from trivia  
quiz on page 15.

1—G	9 — E
2 — L	10 — F
3 — N	11 — M
4 — O	12 — H
5 — I	13 — J
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## Interesting People - Meet Entrepreneur Brant Grozelle

Entrepreneurship is alive and well in Mannheim. Brant Grozelle is never one to step away from a challenge, whether it's learning how to fix cars, build a house, or learn how to sing and play a guitar. His restless spirit has led him in many directions for a private business. In 2010 he took interest in buying and selling Seadoos, so while vacationing in Florida he purchased two of them. Upon delivery he realized that he needed a double trailer to transport them, so he set up shop and began to build one.

The trailer was heavy, awkward, and constantly in his way. What made it worse was that the eight foot six inch wide double trailer (standard width for double trailers) would not fit into the six-foot opening of his shed. The watercraft were designed for water, so removing them from the trailer was close to impossible. This frustrated Brant and he devised a plan to overcome this.

Brant felt that building two single trailers that could be joined together or separated would be the answer to his problem. His first prototype, which he built in February 2011, held the watercraft well enough but it was unstable on the road. After much pondering he realized that a main post holding the trailers together didn't work, but having a swivel tongue corrected all the problems.

Brant didn't realize it at the time but he had stumbled onto an untapped market and his new business, *TW-N-One Trailers*, was born.

There are many benefits to the concept of the trailer design. The *TW-N-One* single trailers are four feet wide and can be separated for easy storage, in the garage or at the side of a house. The two single trailers can be mixed and matched as needed. An example of this would be hauling a watercraft and an ATV, motorcycle, or snowmobile, or supplies (there is a flatbed design with optional racks as well). The four foot wide trailer can be towed behind your garden tractor or ATV. Easy separation allows one of the trailers to be separated for launching watercraft and the galvanized steel construction gives the trailer longevity. A single trailer can be purchased at one time and the second one added later on, which saves on resale of the old trailer.

In the spring of 2012 he decided to build three trailers and post them on Kijiji - one sold immediately. He had several calls of interest and sold the next two that fall plus he had several orders for more. To date Brant has sold over twenty units.

Brant's neighbour, Ron Large, who is a retired business consultant, has watched Brant's business grow over the last year. Ron felt he could help Brant build the business and take it to the next level. The two have developed a website and have started marketing the product aggressively. They are planning to attend boat and outdoor recreation shows in the near future. Previously, Brant manufactured and assembled the units. They have currently obtained a warehouse in Cambridge where they can store parts that are manufactured locally, so Brant now just assembles them.

Brant feels that he can assemble about twenty trailers a month and is eager to build the business. Last year he applied for a patent for his trailer and is excited about the future.

For more information visit their website,

[www.tw-n-onetrailers.com](http://www.tw-n-onetrailers.com).



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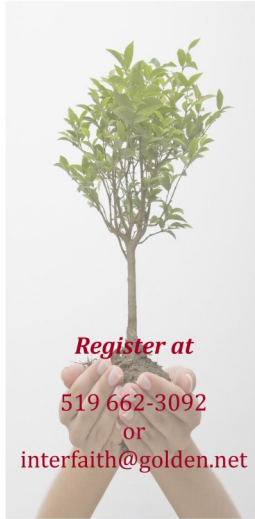
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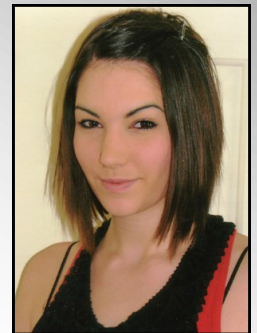
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*You Must be Joking?!*



- ◆ Did you hear about the fellow whose whole left side was cut off? ...well, he's all right now.
- ◆ A dentist and a manicurist married...they fought like tooth and nail!
- ◆ An old married couple were at home watching TV. The husband had the remote and was switching back and forth between a fishing channel and a porn channel. The wife became more and more annoyed and finally said: "For heavens sake! Just leave it on the porn channel, you already know how to fish!
- ◆ You have to love the evening news when they begin the show with "Good Evening", and then they proceed to tell you why it isn't.
- ◆ Did you hear about the thief who stole a calendar? ... He got twelve months!

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[www.newhamburgpreschool.com](http://www.newhamburgpreschool.com)

**CHRISTMAS QUOTA REACHED** ~ Trinity Lutheran Church sponsored a Canadian Blood Services Christmas blood donor clinic on December 23 at Waterloo-Oxford DSS. At a very busy time of the year 157 residents took the time to register to donate blood while 144 actually gave, meeting the quota set by CBS. The **next clinic will be held on Monday, January 20 between 5:00 and 8:00 pm at the New Hamburg Legion** and will be sponsored by the residents of Morningside Village. Call 1-888-2-DONATE (1-888-236-6283) to schedule an appointment or book online at [www.blood.ca](http://www.blood.ca).

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## FOR YOUR BETTER UNDERSTANDING ~ NINE WORDS WOMEN USE...

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- 1) **Fine:** This is the word women use to end an argument when they are right and you need to shut up.
- (2) **Five Minutes:** If she is getting dressed, this means a half an hour. Five minutes is only five minutes if you have just been given five more minutes to watch the game before helping around the house.
- (3) **Nothing:** This is the calm before the storm. This means something, and you should be on your toes. Arguments that begin with nothing usually end in (1) fine.
- (4) **Go Ahead:** This is a dare, not permission. Don't Do It!
- (5) **Loud Sigh:** This is actually a word, but is a non-verbal statement often misunderstood by men. A loud sigh means she thinks you are an idiot and wonders why she is wasting her time standing here and arguing with you about nothing. (Refer back to (3) for the meaning of nothing.)
- (6) **That's Okay:** This is one of the most dangerous statements a woman can make to a man. That's okay means she wants to think long and hard before deciding how and when you will pay for your mistake.
- (7) **Thanks:** A woman is thanking you, do not question, or faint. Just say you're welcome. (I want to add in a clause here - This is true, unless she says 'Thanks a lot' - that is PURE sarcasm and she is not thanking you at all. DO NOT say 'you're welcome'.. That will bring on a (8) 'Whatever').
- (8) **Whatever:** Is a woman's way of saying..."Get lost!"
- (9) **Don't worry about it; I've got it:** Another dangerous statement, meaning this is something that a woman has told a man to do several times, but is now doing it herself. This will later result in a man asking 'What's wrong?' For the woman's response refer to (3).

## New Hamburg Legion



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Every day we receive thousands of donated items. Thanks to these donations, the New Hamburg Thrift Centre provides our local community with an affordable option for quality items and supports the work of The Mennonite Central Committee in communities around the world in the process. None of this 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 purchase items that make a difference in other's lives.

Our backroom of 8000 sq. feet may sound like a big storage area, but the reality is that in order to offer the best items and increase our sales, we need to use our space efficiently. Storing items for long periods of time is not our best option. Off-season donations present great challenges for us. The most popular time for Christmas decorations to come in is January!

We simply don't have the storage space to keep items for a full year before we can display them. Many shoppers and donors are surprised to learn that we do not store off season clothing. Helping us by donating seasonally allows us to offer our customers the best quality items we can at affordable prices.

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

January – March: Valentines, Easter, spring clothing

End of April and May: plants for our perennial sales

May – July: Summer Clothes

August – September: Thanksgiving, Halloween, fall clothes

October – December: skis, winter clothes, Christmas trees and decorations

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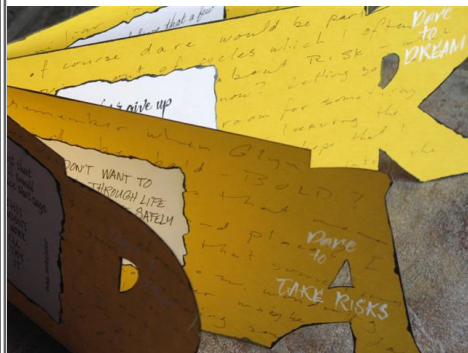


## Cheryl Weber Good ~ Expressive Art Discovery Days

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Cheryl's experience listening in her one-on-one sessions keeps her optimistic that there are revelations and insights to find in every person's story. Her work is to create a safe place to listen and help you hear your own heart. Talk, walk, or sit with a sensitive, experienced listener.

Linking art and healing, Cheryl also facilitates Expressive Art experiences. A person or group may do expressive art sessions. It could be free flowing art play or a program including themes and related art projects. Contact Cheryl to discover what combination will work for you.



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Email for details - [cheryl@writehand.ca](mailto:cheryl@writehand.ca)

# Notes From The Attic – The History of Wilmot’s Town Halls

*With 2014 being an election year we thought it would be interesting to put the spot light on Wilmot’s town halls. Keep in mind that New Hamburg was incorporated as a village in 1857 and as a town in 1966 – it governed itself. Baden was officially known as a Police Village but was under the governing of Wilmot Township as well as other communities. Wilmot Township was formed in 1850 and became part of Waterloo County in 1853. Waterloo County was dissolved in 1973 when Waterloo Region was formed. All former village, town, and city councils joined into the new township or city council.*



**Wilmot Centre Township Hall:** Wilmot Township’s first settlers moved here in the 1820s. Wilmot was part of the Gore District from 1816 to 1842. In 1842 it became part of the Wellington District. Starting in that year Wilmot elected two councillors to sit on the Wellington District Council. These meetings were held annually outside and often at a tavern. Various township officials were also appointed at these annual meetings. In 1845, Peter S. and Magdalena Gingerich sold six perches (one perch equals 5.5 square yards) of the northwest corner of Lot 14, SBR, to the Council District of Wellington for erecting a “township house.” The crossroads, the geographic centre of the township, became the municipal centre and was designated as Wilmot Centre. The “Town Hall” was built with a tax of 75 pounds imposed on residents of the township. It continued to be used by the Wilmot Township Council until 1858.

The first Township Hall at Wilmot Centre was sold by the Township Council to William Asmus of New Hamburg in 1867 for \$80. He moved the building to New Hamburg and converted it to a house. It is still located at the corner of Jacob and Boulees Streets across from the old arena.

As part of the Wilmot Township’s 150<sup>th</sup> celebrations “The Oasis in the Centre” was erected at Wilmot Centre. The low sitting wall in the park-like setting represents the location of the foundation of the original town hall for Wilmot.

Before the formation of the Township, Wilmot was merely an extension of Waterloo Township. In 1838, H. W. Peterson was appointed a Justice of the Peace, bringing his office closer to Wilmot Township. Wilmot Township became division Number 3 and there was a mention of a court on September 4, 1840 in the *Canada Museum*; however, there was nothing mentioned of the first court held in Wilmot. The Division Court met every two months. The court cases held in Wilmot consisted of small issues, not exceeding 25 pounds in matters of debt and 10 pounds relating to injury or personal chattels. Thievery was probably one of the most common crimes in early settlements.

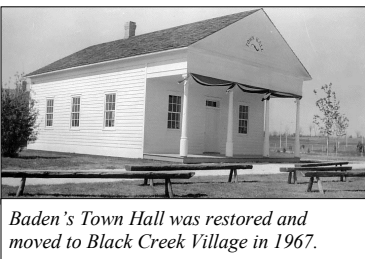
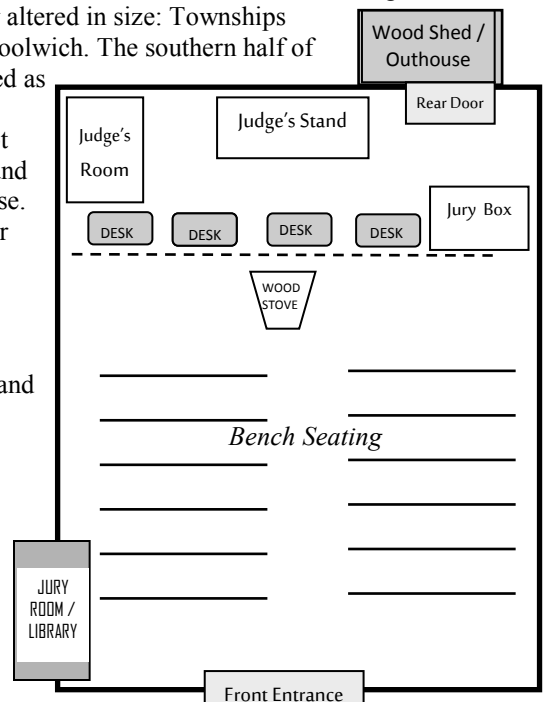
According to family lore, Jacob Bettschen was the first constable. He had the distinction of making the first arrest for the first murder in Wilmot Township. A man had murdered a child and concealed the body under a culvert. He was later arrested in Haysville and Bettschen delivered him on foot to Hamilton.

Before 1849 a governing body of magistrates selected necessary officials such as town warden, clerk, and overseer of highways. These in turn determined local needs and expenditures including road works, the building of bridges, police costs, and the issuing of tavern licenses. This council levied tax rates, heard breach of contract suits and arranged for local assizes.

After 1849, when the new Municipal Act took effect in Ontario, a new type of government replaced this arrangement. Now an elected township council consisting of a reeve, and three councillors took charge of these issues and concerns in local government.

Wilmot Township became incorporated in 1850. In 1852, Waterloo County altered in size: Townships within Waterloo County were North Dumfries, Waterloo, Wellesley, Wilmot, and Woolwich. The southern half of Dumfries went to Brant County. From the elected councillors, Jacob Bettschen served as the first Reeve, John Ernst as Deputy Reeve, George Master as Treasurer, and Peter Tschirhart, Anthony Kaiser, and William Scott as council members. In 1853 Wilmot Township council established a library and in 1856 Chris Doering, Jacob Bettschen and Jacob Wahl were appointed to select books in German language and to buy a bookcase. In 1859 council began looking after the less fortunate and granted 50 cents a week for twelve weeks to a widow.

The move to Baden in 1863 from Wilmot Centre was made in response to a petition from several residents (many from Baden) requesting Council move council meetings to the building built by Jacob Beck in 1858 to serve as the court house. The township was to pay one dollar on condition a stone wall be built under the building and the woodwork be painted with oil paint.



*Baden's Town Hall was restored and moved to Black Creek Village in 1967.*

**Baden Town Hall:** The first council meeting at the Baden Hall was held on August 15, 1863. The meeting started at the old hall in Wilmot Centre and concluded in Baden. Jacob Beck built the 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. A small addition was added in 1896. It later housed the Baden Library. The hall was located at the current home of the Seniors Workshop.

From 1858 on, the Wilmot Township Council was meeting once a month at their new town hall to transact their business. Circuit Judge William

Miller presided here over the court called at regular intervals five times a year. The Division court settled small claims for debts and damages, contract disputes or a neighbours' quarrel over property rights. Sometimes it would be necessary to call a jury, and five jurors - all male — were selected from a panel of fifteen who had been summoned as prospective candidates. To refuse jury duty carried a fine.

Baden became a Police Village in 1908. Three trustees were elected annually. It still remained a part of Wilmot Township unlike New Hamburg which was a separate municipality.

Eventually the use of a courthouse was discontinued and the town hall became used primarily for council meetings. Baden had three trustees and all of the other communities such as St. Agatha and New Dundee had their own representatives. Wilmot Township looked after the roads and bridges, while the police village looked after the side walks, police, and hydro. The township collected all taxes and monies were distributed to the appropriate communities. The Baden fire hall and roads department was located to the east of the hall. Each community looked after police and fire departments.

This town hall was used from 1858 until 1967 when the Centennial Hall was built—it was then moved to Black Creek Pioneer Village in 1967 and restored in 1970.

#### **Centennial Hall Baden:**

The Centennial Hall was built in 1967 as a centennial project. As people entered the front door there was a receptionist to greet them. To the right were the council chambers and to the left were offices for the town clerk, roads department, and other small offices. The



basement had a large town hall that was used by many service groups.

In 1973 the formation of Waterloo regional government, meant that the responsibility for many services including garbage collection, policing, and some roads were taken over by the new government body. This was the year that New Hamburg amalgamated with Wilmot Township. The Centennial Hall building served as the headquarters of the Waterloo Regional Library for several years.

**121 Huron Street New Hamburg :** In 1973 with the formation of Regional Government, the newly amalgamated Wilmot Township Council met in the former New Hamburg Town Hall at 121 Huron St. Council met here until 1992 when the new administration building was opened. For a while, some staff remained in Baden but eventually all the departments were moved to New Hamburg.

**Castle Kilbride Offices:** The first Council meeting at the new Administration Complex started in New Hamburg at 121 Huron Street and concluded in the new chamber in October of 1992. The current administrative offices are located behind Castle Kilbride in Baden. The building has three floors. The basement has offices for the Fire Department, Bylaw, Castle Kilbride, Wilmot Archives, and a large meeting room for local groups. The main floor has the main entrance and reception—offices for finance, the Mayor, Clerk's Department and the Chief Administrative Officer. The main council chambers are also on this floor. The upper floor has offices for Parks and Recreation, Public Works, and the Planning Department.

*Thank you to Al Junker for sharing the historical facts, and also to Mike Weiler for his terrific memory in recalling the layout of the original Beck Street Township Hall.*

#### **TOWNSHIP OF WILMOT Reeve/Mayor 1850 to 1973**

- Jacob Bettschen – 1850
- John Ernst – 1851-1852
- William Scott – 1853-1855
- William Hunter – 1856
- John Ernst – 1857-1858
- Anthony Kaiser – 1859-1862
- Henry Tye – 1863-1870
- Christoph Zoeger – 1871-1877
- James Livingston – 1878-1882
- Frederick Holwell – 1883-1888
- Jacob Hallman – 1889-1896
- Josiah Hallman – 1897-1900
- Henry Zoeller – 1901-1909
- Samuel Cassel – 1910-1915
- Wesley Erb – 1916-1918
- George Lantz – 1919-1924
- John Herber – 1925-1927
- Valentine Zoeller – 1928-1931
- E. B. Hallman – 1932-1934
- Milton Schmidt – 1935-1940
- William Witzel – 1941-1942
- Gordon Hallman – 1943-1944
- Simon Ditner – 1945-1949
- Henry Bowman – 1950-1953
- Willard Witmer – 1954-1959
- Clarence Diamond – 1960-1965
- Theodore Dietrich – 1966-1967
- Alf Richardson - 1968- 1973

#### **TOWNSHIP OF WILMOT Mayor 1973 to Present**

- Ernst Ritz – 1973-1978
- Ralph Shantz – 1978-1988
- Lynn Myers – 1988-1997
- John Belez Jr. – 1997-1997
- Wayne Roth – 1997-2010
- Leslie Armstrong - 2010-2014



It was a snowy day near the beginning of April and my 2 companions and I were hiking a trail just east of Baden. The ground was more than half covered with snow that, due to several freeze thaw events, was firm enough to walk on without breaking all the way through. We had seen several birds that morning, including a Red-bellied Woodpecker and a Phoebe. Off in the distance we could hear a mob of Crows creating a loud ruckus. Suspecting that they were mobbing an owl, we headed in that direction, binoculars at the ready. Fraser spotted the tell-tale stick nest, high up in a Sugar Maple. Ken's sharp eyes spotted a pair of tufted horns sticking up over the nest. Then Fraser spotted what we took to be the male, sitting in the crotch of a tree as the Crows took turns dive-bombing it, trying to get it to fly so they could pursue and attack it. Life is not easy when you are an owl and have to live with noisy Crows for neighbours.

No doubt the female Great Horned Owl (GHOW) was sitting on well-feathered owlets, protecting them fiercely from the marauding Crows. GHOWs mate in February and eggs are laid soon after, usually in a stick nest that was made the previous year by a crow or Red-tailed Hawk. The young hatch by March and grow quickly on a diet of whatever animals are available at the time. GHOWs are not fussy, catching and consuming voles, mice, rabbits, cats. They don't even let the smell of a skunk deter them. They also take their revenge on Crows, picking them off their branches or nests at night as they roost.

Their rust-brown colour gives them a large degree of protection, making them difficult to spot as they sit motionless against the background of the bark of a tree. Scientists are not sure what purpose is served by the ear tufts. Some think they break up the outline of their otherwise round head. Others think they play a role in communication or recognition.

All scientists agree that the tufts do not serve as ears in hearing, as many people believe. The owl's flat face does serve as a dish or disk to capture and focus the most minute sounds to the owls' keen ears, allowing them to hear the rustle of a mouse on the ground from a distance of more than 50m. The placement of their ears also allows them to pinpoint the exact location of the prey.

An owl's eyesight is equally keen as its amazing hearing, if not better. On [www.owlpages.com/articles](http://www.owlpages.com/articles) I learned the following:

- Their eyes are placed on the front (as opposed to the sides like other birds) to give them binocular vision, enabling them to

see a greater area. This front eye placement is what gives them their "wise" appearance.

- Their eyes are larger for their size than other birds of similar size.
- Their eyes are not round (like a ball), but elongated. This gives them much sharper sight in dim light. But, because of the shape, they cannot move their eyes, so they have to turn their heads to focus on prey.
- "An owl's eye has an abundance of light-sensitive, rod-shaped cells appropriately called 'rod' cells. Although these cells are very sensitive to light and movement, they do not react well to colour. Cells that do react to colour are called 'cone' cells (shaped like a cone), and an Owl's eye possesses few of these."
- To protect their eyes, Owls are equipped with three eyelids.

As if these senses are not enough to make GHOWs marvelous birds of prey, the leading edge of their wings has small, soft feathers to muffle the sound of its wings, so its prey cannot hear its stealthy approach until it's too late.

Back in 2000 I was involved in the Ontario Bird Survey. We located a GHOW nest in the nearby woodlot of Clarence and Marlene Chambres high in a Beech tree. Sometimes, on a late night in February, we would hear a GHOW perched in our large Black Walnut calling, no doubt marking its territory. What a thrilling sound!

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## ***THANK YOU!***

Please let me start by introducing myself – my name is Monica B. and my family and I have been a part of the Baden community for approximately two years. Last October our lives were changed forever when I suddenly took ill and had to be hospitalized. Just like that my children were without their mother; my husband without his wife; and the outcome of my situation was 'uncertain' at best.

Well, we made it! With the worst behind us, and looking to the future, my family and I would like to thank every person who helped us in any way. THANK YOU to every friend, neighbor, co-worker, teacher, and stranger. THANK

YOU for helping to get our children to-and-from school; for the countless number of meals that were so generously prepared and delivered to our home; for arranging to have my son be in daycare full-time so that I could 'heal' when I returned home; for the hospital parking passes, and gift cards; for the hundreds of emails, texts, Facebook posts and phone calls expressing concern and offering support; and for the numerous prayers asking that I make it back home to my family. **THANK YOU FROM THE BOTTOM OF OUR HEARTS!**

We never could have imagined the outpouring of support and love that we would receive from the Baden community. We are ever grateful to be a part of this amazing group of people and we will never forget the kindness that we were shown. God Bless!

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