



Baden Outlook



Supporting Refugee Resettlement Projects in Wilmot Township



**WILMOT
RESPONDS**
TO THE
REFUGEE CRISIS

Wilmot Responds is a community effort to raise funds, coordinate donations, and offer support to private groups who are sponsoring refugee families in Wilmot and the surrounding areas. It is an informal partnership between local churches, communities and individuals.

In December 2015, the people of Wilmot township came together to make a video and offer a warm welcome to our new friends and neighbours coming to live among us. Individuals, families, church congregations, businesses, service clubs, township staff, and hockey teams and everyone shot their own contributions on phones and tablets; these were then spliced together to form a compilation of 52 videos featuring over 350 people. Together, we're sharing the feelings of so many here in Wilmot, an optimism that is shared in countless communities around the country.

We're so glad you're here to join us and participate in the Canadian experience. Welcome to Canada!

The video collage is dubbed over the music "Hard Times Come Again No More". Stephen Foster.

Performed by Diana and Mike Erb.



Altogether now...
"Welcome to
Canada!"



This paper is priceless - Please have one!

Talking with Ed

~ Baden, Baden Everywhere



Most people know that Baden, Ontario was established by Jacob Beck in 1854, and was named after his hometown of Baden-Baden, Germany (the meaning of Baden is from an obsolete German word meaning Baths). But did you know that there are many other towns, boroughs, and districts named Baden?

Baden-Baden, Germany is a spa town located in the state of Baden-Wurttemberg in southwestern Germany. It lies at the northwestern border of the Black Forest mountain range on the small river Oos. As of December 2008, it had a population of approximately 55,000 people. It is mainly a tourist town; its 29 natural hot springs vary in temperature from 115 to 153 degrees (I can't imagine getting into a pool that is 153 degrees) and its history dates back to AD 210.

There are many towns named Baden throughout Europe including Baden, Switzerland (population 16,270), on the River Limmat in the Eponymous Valley, which also has hot sulphur springs; Baden, France on the River Aurray (4,000 pop.); and Baden, Austria, which is also a spa town located near Vienna (population 25,000).

There is only one other Canadian community named Baden, in Manitoba. Baden, Manitoba is a northern community near Red Deer Lake, close to the Saskatchewan border, with a population of 25. It was named by the Canadian National Railway after Sir Robert Baden-Powell, a British General.

I was surprised to find that there are many communities in the United States that are or were named Baden. Many have been amalgamated into larger cities and some have virtually disappeared, but here is the information that I have found – all communities are in alphabetical order according to their state.

Baden, California was the original name of South San Francisco. It is now a neighbourhood with a population of 151. South San Francisco was part of Rancho Buri-Buri, a large Mexican land grant dating back to 1827. Baden was founded in 1856. The city of South San Francisco was incorporated in 1908.

Baden, Georgia is located in Brooks County. The county has a population of 16,400. I did not find much information on the town of Baden, Georgia.

Baden, Maryland is an unincorporated area but a census designated place in southeastern Prince Georges County with a population of 2,128 in 812 homes. One notable building in Baden, Maryland is St. Paul's Parish Church which was built between 1733 and 1735 and is on the U.S. National Register of Historic Places.

Baden, Minnesota is now a ghost town located 27 miles southeast of Duluth. It was located in Scott County near the Wisconsin border. All that is left is a cemetery.

Baden, Missouri was designated a part of the City of St. Louis in 1876 by the State legislature. Baden is still considered a county of Saint Louis, with a current population of 7,268. The neighbourhood is located on the Kansas City and Northwestern Railroad line, known

as the "Wabash."

Baden, North Dakota is a township in Ward County with a population of 44. It is located in the Minot metro area.

Baden, Pennsylvania is a borough in Beaver



County along the Ohio River. In 2010 the population was 4,135 in 1,900 households. It is the former site of Logstown, a significant Native American settlement, and is located 20 miles northwest of Pittsburgh.

Baden, Virginia is another ghost town that is located in Dickerson County. Once again, all that is left is a cemetery.

Baden, West Virginia is located in Mason County near Point Pleasant, and is an unincorporated community, so there is not much information regarding it, (an unincorporated community is a populated place that is not a census-designated or incorporated place with an official federally recognized name).

New Baden, Illinois was originally named Baden and was founded in 1855. In 1884 it was incorporated and renamed New Baden. Twelve years later, the town was virtually demolished by the largest cyclone ever recorded in Illinois. Many local communities helped rebuild the town. New Baden was struck again by another significant tornado on December 2, 1982, an F3 with a 15-mile path. Today's population of New Baden is 3,350 in 1,247 households.

New Baden, Texas was founded in 1881 by German immigrants and named after Baden-Baden, Germany. The community opened a post office in 1882; it later grew to contain a drugstore, hotel, church, and railway station. The population of New Baden peaked at 175 in 1915; it declined to 105 by 1970, but rose to 150 in 2000. It is an unincorporated community in Robertson County, four miles east of Franklin, Texas.

West Baden Springs, Indiana was founded in 1850 and has a population of 574 in 251 households. It's located at the south end of Indiana in French Lick Township, Orange County. West Baden Springs has many claims to fame! It is the birthplace of Larry Bird (basketball star), and it is home to the West Baden Springs Hotel which is a national historic landmark. The hotel's unique circular structure displayed, at one time, the world's widest unsupported dome, two hundred feet in diameter, surpassing in breadth the majestic St. Peter's Cathedral in Rome on which it supposedly was modeled.



Well there you have the list of Baden towns that I could find. Many of those communities were named after Baden-Baden, Germany, and some after the healing waters located there. I know what many of you are thinking—let's capitalize on the Mill Pond here in Baden—after all, we already have a castle! Interesting idea, but I say let's just leave it as a fishing spot and a visual attraction.

Until next month...Ed

Greetings from ~
Outlook Headquarters

Happy New Year! And so we begin another year of trials and tribulations—and joy, health, and much happiness! *2016—bring it on!* Inside this issue, you will find some words of inspiration on how to grow, change, and learn to live a better life. Does anyone still work on New Year's Resolutions?—Good luck to those who do!



I hope you all had a wonderful Christmas with friends and family, and that you didn't get too spoiled by Santa—which seems to be a significant focus of the festive season. It is fun to watch children open their gifts, but more fun watching them spend time with grandparents, siblings, aunts, uncles and cousins, especially for those who don't get much time together throughout the year. I hope you all saw the full moon that night, setting the whole world aglow—it was gorgeous and so timely as the grand day came to an end. (I personally want to thank St. James Lutheran Church for the piped Christmas music that played daily, adding more spirit to the holidays.)

To those who look forward to a white Christmas, It may have seemed sad as there was no snow in sight and temperatures were constantly above seasonal temps. Warm temperature records have been broken. Personally, I don't miss the mitts, boots, mess, cold, and poor driving conditions, but I have recently heard the downside of this warm winter (see page 35 for some concerns of this El Nino winter).

We've had many inquiries about where and when to get the 2016 Baden Outlook community event calendar that we've provided since 2010.

Thanks to those who have been searching for them and so glad you enjoyed them—but we will no longer be publishing them. It was a timely project at the wrong time of year.

Grandma's House
a place where cousins go
to become Best Friends

According to Environment Canada, December 2015 was the warmest in 135 years of weather record-keeping in the K-W area. And there's a good chance this month may end up with the least snowfall in more than a century.

The warmest December in the last 40 years was in 2006, with an average temperature of 0.4 C.

The warmest December on record was 1923, with an average of 0.8 C Above-normal temperatures have continued well in to January.

The Baden Outlook

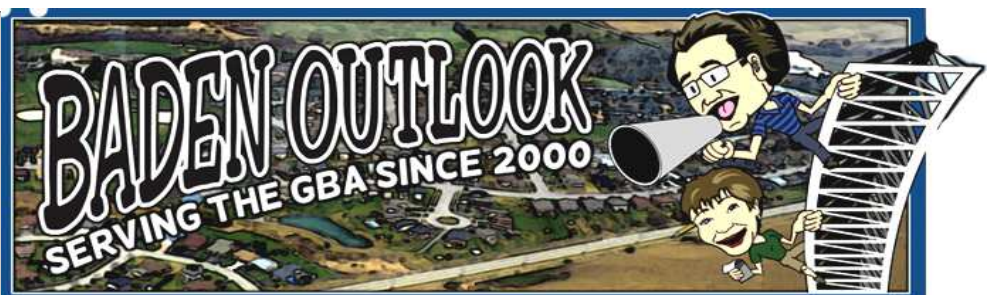


Baden's Monthly Newsletter
"Keeping the Community Connected"

I've often wondered if anyone really understands what our logos/trademarks are about: when we were trying to determine a name for the paper we had to envision what our mission was—and that was to be a voice for Baden. So, with the Baden tower standing tall looking out over our town, we imagined being there, up on the tower and taking notes of what we saw, then sharing them with the megaphone as a metaphor, to the people. Evidently those two characters represent Barry and me as the reporters. These images were designed by a local boy, Mitch Wieneke, whom I once babysat and who grew up to be a graphic designer. He also manages our web-site (thanks Mitch— for being on our team from the beginning of time!)

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

©2016 The Baden Outlook



Baden ~ Our Town

The Baden Community Association held its final meeting of the year on December 30th which turned into a social event with lots of laughs, snacks, and cards. It was good to enjoy each other's company during the Christmas season...we're not all about a project or a task.

Don't forget the BCA Family Day event coming up on February 15th at the Wilmot Recreation Centre. This is the fourth year for this event. Last year hundreds of locals showed up to enjoy free food, and refreshments after a free swim and skate, sponsored by both the Township of Wilmot and the Baden Community Association.

This year the free skate is from 12:30-2:15 and the free swim from 1-4 p.m. Once again the BCA will be offering free refreshments from 1-4 p.m., so be sure to come upstairs and enjoy the company of your friends and neighbours.

The Baden Community Association meets the last Wednesday of each month at 7 p.m. in the basement of the township hall right here in Baden. Come on out and be a part of your community – new members are always welcome!

It's a new year, take a leap and have some fun!



*"Keeping the Community Connected"
With 3000 copies in circulation.*

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

Submissions are due on the 1st of each month.



BLU TOP TAXES

PERSONAL INCOME TAX PREPARATION

Call Sandy of Baden at ...

(519) 214-0297

www.blutoptaxes.com

Senior & Student Discounts Available

E-file

FREE Pick-up & Delivery

Baden Firefighters Association



Annual Fundraising Dance

Saturday, January 23, 2016

8:00pm to 1:00am

St. Agatha Community Centre

Cash Bar, Cold Buffet, DJ

Tickets \$10 in advance from any Baden Firefighter or call 519-465-5886


Tickets also available at the door. Proof of age required.



BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

DID YOU KNOW?

 Central vision is best at seeing fine detail but side vision detects movement best, which is why people often see something "out of the corner of their eye"



Baden Village Square

4-18 Snyder's Road West

(519) 214-2020

www.badeneyecare.ca



New patients welcome!

After hours eye emergency services

Tues, Wed, Fri 8:30 – 5 | Thurs 12 - 8 | Sat 10 - 2
Closed Sundays & Mondays

Eye exams – Glasses – Contact Lenses – Lasik Co-Management

The Year is 1915 --- One hundred years ago. What a difference a century makes!

Here are some statistics for the Year 1915:

- * The average life expectancy for men was 47 years.
- * Fuel for the Model T was sold in drug stores only.
- * Only 14 percent of the homes had a bathtub.
- * Only 8 percent of the homes had a telephone.
- * The tallest structure in the world was the Eiffel Tower.
- * The average wage in 1915 was 22 cents per hour.
- * The average worker made between \$200 and \$400 per year.
- * A competent accountant could expect to earn \$2000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.
- * More than 95 percent of all births took place at home.
- * Ninety percent of all Doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard."
- * Sugar cost four cents a pound.
- * Eggs were fourteen cents a dozen.
- * Coffee was fifteen cents a pound.
- * Most women washed their hair only once a month, and used Borax or egg yolks for shampoo.

- * Canada passed a law that prohibited poor people from entering into their country for any reason.

The Five leading causes of death were:

1. Pneumonia and influenza
 2. Tuberculosis
 3. Diarrhea
 4. Heart disease
 5. Stroke
- * Crossword puzzles, canned beer, and iced tea hadn't been invented yet.
 - * There was neither a Mother's Day nor a Father's Day.
 - * Two out of every 10 adults couldn't read or write and only 6 percent graduated from high school.
 - * Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores.
 - * Back then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health!" (Shocking?)

It's impossible to imagine what it may be like in another 100 years.

Email submitted by Jean Shantz

GOD SAVE THE KING—The population outside Quebec was British to the core. Today, however, Canadians claim more than 200 ethnic origins, 13 of them with at least a million members.

The historical growth of Canada's population is complex and has been influenced in many different ways, such as indigenous populations, expansion of territory, and human migration. Being a new world country, Canada has been predisposed to be a very open society with regard to immigration, which has been the most important factor in its historical population growth. Despite the fact that Canada's population density is low, many regions in the south, such as Southern Ontario, have population densities higher than several European countries. Most of Canada's vast north is not suitable for civilization and thus cannot support large human populations. Therefore, the population density of the habitable land in Canada can be modest to high depending on the region.

Information taken in part from Wikipedia



YAHN CUSTOM PLUMBING INC.
"Your Residential Plumbing Specialist"

New Installations • Renovations • Repairs





- Plumbing Fixtures & Faucets
- Water Filters, R.O. Systems, & U.V. Sterilizers
- Camera Drain Inspections
- Backflow Prevention
- Water Softeners
- Central Vacuum Systems




SHOWPLACE
178 Foundry Street, Baden

Please call for updated hours or to schedule an appointment with our design team.
(519) 634-8533



For long- or short-term stays

Baden Creek Apartments

Furnished suite includes HD cable tv, internet, equipped kitchenette, laundry on site, parking

519-501-9116 teresa696brown@gmail.com

Find us on Facebook

Take Care of Your Plump Pets

With the holidays behind us, we can focus on the NEW YEAR!

There is nothing like a new year's resolution to help us re-evaluate our daily habits. Weight loss is a common goal for many people, but have you considered your pet? Obesity is one of the leading disease issues facing the pets in North America. The wonderful news is that obesity is completely preventable! You can help spare your pet the pain and discomfort associated with arthritis, torn ligaments, diabetes, heart disease, high blood pressure, and kidney disease while helping them live longer, healthier lives. The best recipe for weight loss success is to tailor a weight loss program to your pet's personality, their health risks, and your lifestyle.

Although recording monthly weights on a scale is important for trending weight loss success, the true measure is your pet's body condition score. Can you get your fingers in between their ribs and feel each bone down their spine? Can you see a narrow waist tucking in at their abdomen from above and from the side? Your pet's body condition score is graded on a scale of 1 (emaciated) to 9 (morbidly obese). The perfect goal is 4.5 on the scale out of 9. Sometimes all it takes is careful measurement of the number of calories your pet consumes by using an actual measuring cup. In other cases, a specially formulated weight loss diet can be an essential part of your pet's program.

Along with calorie counting, exercise is a vital piece of weight loss success. Increasing the calories being consumed through increased activity is an important goal. To prevent your pet from injury, start with longer, slow moderate exercise before working up to more extreme physical challenges. The exercise routine implemented needs to be one that YOU and your pet will enjoy in order for it to actually be successful.

Your veterinarians and their team are wonderful resources for helping to develop your pet's weight loss program.

Good luck with all your resolutions and here's hoping for a slimmer spring!

Rebecca Ricker ~ Baden Veterinary Hospital



Baden Veterinary Hospital

Dr. Rebecca Ricker & Associates

50 Foundry Street
Baden ON N3A 2P6

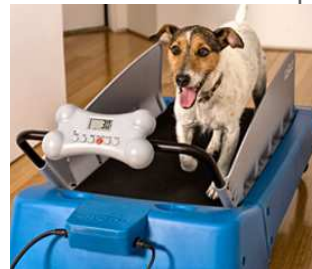
519-634-8880



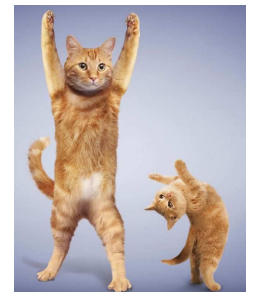
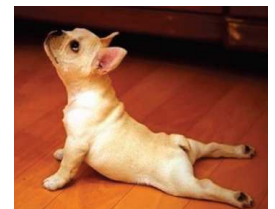
- *In House Laboratory*
- *Surgery*
- *Preventive Medicine*
- *Prescription Diets*
- *X-rays*
- *Dentistry*
- *Grooming*



New Clients Welcome!



What exercise works for you and your pet?



Seamcrafts

125-A, Snyder Rd E, Baden, ON, N3A 2V4

519-772-4570

- Alteration & Tailoring
- Dry cleaning
- Photo services

[Passport photos only \$8.99]

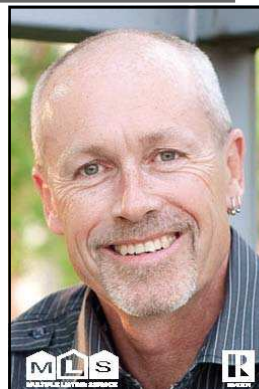
Get Discount
Coupon
online

info@seamcrafts.com

www.seamcrafts.com



Mon - Fri 10.00am - 6.00pm
Sat 10.00am - 3.00pm



www.RealtorRickCain.com

With you
for the journey!

Rick Cain

Sales Representative



RE/MAX

Real Estate Centre Inc., Brokerage
720 Westmount Road East
Kitchener, ON N2E 2M6

Each office is independently owned & operated

DIRECT: OFFICE: 519-741-5278
519-502-5278

Revealing the Treasures from the Wilmot Heritage Fire Brigades

One of the Wilmot Heritage Fire Brigade's trucks is a 1974 International with a Thibault pumper. The truck sat five firefighters. The water tank for the pumper holds 600 gallons and the pumper can thrust 840 gallons of water a minute when hooked up to a fire hydrant.

The truck was part of the Baden Fire Station's fleet and was decommissioned in 1991. It was used for a number of years as a back-up pumper for the township; then it was purchased by the museum in 2000.

The International has only 31,000 miles on it. The pumping system on the truck is powered by the truck motor and transmission, which add miles onto the transmission. A lever is moved which switches the power from the transmission to the pumper. Trucks since the Model "T" have used this system and the basic idea hasn't changed from that time.



The Museum is open every Wednesday night from 6:30 to 8:30 – admission is free but donations graciously accepted. The Museum can give tours to large groups with an appointment.

THE BADEN SANTA CLAUSE PARADE WAS A HUGE SUCCESS!!!



A Big Baden Optimist Thank You To: All of the sponsors and everyone who entered a float in the Baden Parade.

To those who made it out to watch and who came to see Santa at the Seniors wood working shop and a huge thank you to the Youth Action Council for their dedicated youth volunteers.

The Float winners for Baden Santa Claus Parade 2015 are:
1st Place: Baden Guiding, New Hamburg Vet Clinic, and St. Agatha Strawberry Festival
2nd Place: Holy Family, St Agatha Catholic School, and Baden Veterinary
3rd Place: New Hamburg Skating Club, Enchanting Princess, and Baden Coffee

26 Foundry Street
Baden, ON N3A 2P6

BADEN DENTAL CLINIC



For an appointment, call
519-634-1112

- ❖ Complete family dental care
- ❖ Evening appointments available
- ❖ Emergency patients always welcome



Dr. Rick and Nancy Pereira

*We welcome new patients.
Conveniently located close to home.*



Visit our website at www.badendentalclinic.com

*"Keeping the Community Connected"
With 3000 copies in circulation!*

BADEN AUTOMOTIVE

519-634-9567

272 Snyders Rd. E. Baden, Ont. N3A2V6

**FULL SERVICE MAINTENANCE AND REPAIRS
TO ALL MAKES AND MODELS**

Manager
Matt Musselman
matt@badenauto.ca

Service Manager
Danny Shantz
dannyschantz@badenauto.ca

Checking Out the Baden Library

Let's Read

Have you and your child read the Let's Read book selection, *Big Bear Hug* by Nicholas Oldland? Enter the draw at the library for a chance to win a great prize. Visit www.letsread.ca to enter the Name the Bear Contest. The contest runs until Jan. 27, 2016.

Family Math (for kids with their caregivers): Wednesdays, Feb. 3 - 24, 6 to 7:15 p.m.

This four-week program reinforces math concepts in a fun, hands-on way. It is designed for children in Junior and Senior Kindergarten and Grade 1 with their families. Register online, in person or by phone. Space is limited.

Technology Training:

1:1 Computer Coaching

Book a free session with a computer coach for one-on-one help. Appointments are available at the Baden Branch on the following Tuesday dates from 10 a.m. to 3 p.m.: Jan. 19, Feb. 2, Feb. 23, March 8, March 22. Registration is required.

eBook Download Clinics

The New Hamburg Branch is hosting two eBook Download Clinics. Learn how to download free eBooks from the library to your wired or wireless devices. Bring along your own device and accessories. Registration is required.

Wired Devices Clinic (Kobos and eReaders): Thursday, Jan. 26, 10 - 11:15 a.m.

Wireless Devices Clinic (iPads, Tablets, Smartphones): Thursday, Jan. 26, 11:30 a.m. - 12:45 p.m.

Contact us at 519-634-8933 or badenlib@regionofwaterloo.ca for more information. Up-to-date information is also available in the library's online Events Calendar at www.rwlibrary.ca.

Chris Baechler, Assistant Supervisor—
Baden Branch



Shirley's Sewing
Alterations and More

Shirley Cudney
Seamstress

133 Snyder's Rd W, Unit 2
Baden, Ont. N3A 2M3

519-214-1115

Please Take My Card!

Mark Soehner's
**INTERLOCK
+ PLUS**

PAVESTONE & RETAINING WALLS
INSTALLATIONS & REPAIRS

Sidewalks, Patios, Driveways, Steps, Retaining Walls, Planters
CALL FOR A FREE ESTIMATE / DESIGN

Mark Soehner

47 Schneller Drive
Baden, Ontario
N3A 2L5

Phone/Fax: 519-634-9792
Cell: 897-7587
Email: msinterlock@rogers.com



SILVER SPRINGS
c o n t r a c t i n g

Decks & Fences
Concrete Driveways, Sidewalks & Patios
General Contracting

Tyler Hoffman

Tel: 519-465-5211

Email: thoffman@silverspringscontracting.ca
www.silverspringscontracting.ca

J.R. Auto Service

SERVICE & REPAIR TO ALL MAKES & MODELS
HIGH PERFORMANCE MODIFICATIONS

JIM ROTH

1439 Gingerich Rd., Unit B-1,
Baden, ON N3A 3J7
PH (519) 634-5986 FAX (519) 634-8667

Artisan Painting

Is now a Service Painter for Home Depot
519-897-5838



- * Interior / Exterior
- * Call for free estimate
- * Fully Insured
- * All major credit cards accepted
- * Inquire about our finance program



Develop Your Creativity!



Sewing is rewarding and easily adapted to your unique ideas and tastes. You could make fabric bags, pillows, aprons, p.j. pants, t-shirts, stuffed toys, make-up bags, pencil cases, art journals, hem pants, doll clothes, or something you designed. If you don't know what to make, there are lots of samples and books to inspire you.

Bring fabric for your projects. Thread and machines supplied.

"Expressive Art" is also offered if you want to explore combining art materials. Imagine the excitement of saying, "I made this!"

Any age from 7 through adult. Individuals; \$25 per 1.5 hour.
Bring some friends (adult or child) and it's \$17 per person.
Pay for 6 classes and save 10%.

Located one block south of the Wilmot Recreation Centre.

Call 519-634-5503 or email: cheryl@writehand.ca

Hey! Kids, ages 4-10

You are invited to...

F.R.O.G



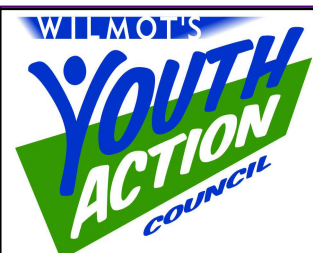
Tuesdays, 6:30-8:00 pm
Baden Public School

Spontaneous play, fun group games,
and a short Bible story in the gym.

Everyone is welcome!

contact Sean at
pastor.westhills@gmail.com or
519-634-4993

Provided by
West Hills Fellowship of Baden
and Community Volunteers



Happy New Year Readers!

With 2016 finally arriving, the Youth Action Council is excited for what is coming next! This year our goal is promotion, and learning what the best way is to get our information out to you.

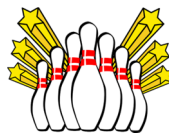
Thanks to the Outlook for sharing our news but if you have any ideas, or suggestions please let us know.

Moving into 2016 we will have the following events:

January – Bowling

February – Snow Ball Dance (grades 5-8)

For more information on these events please visit our Facebook or Twitter pages.



We would also like to take a moment to thank everyone who helped made 2015 as successful as it was, from volunteers at our events, to the funding donations that we have received. We cannot thank you enough!

Best wishes to you in 2016—let's make this the best year yet.



PA Day Workshop
January 29th 2016
www.viewfinderartstudio.com

Viewfinder Art Studio
info@viewfinderartstudio.com
519-662-8282
96 Huron St., Unit 2, New Hamburg, N3A 1J3

Wilmot Jujitsu

Professional Self Defense
13 Foundry Street, Baden
(519) 590-4946 - www.wilmotjujitsu.com



JUJITSU - GENTLE, EFFECTIVE, BALANCED
OFFERING: - ESCAPES, JOINT LOCKS, CONTROLS,
PRESSURE POINTS AND WEAPONS.
A PRACTICAL SELF DEFENSE ART
INSTRUCTOR: NEIL CALHOUN

Training for Children and Adults!
Classes are held on Monday and Tuesday evenings
as well as Saturday mornings.

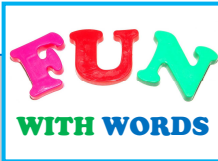
Let us Entertain You! (or perhaps challenge you, provoke you or enlighten you...I think you know where we are going with this—words...let's play!

Let's play with synonyms!

A **synonym** is a word that means exactly, or nearly the same as another word. Happy is a synonym of content, joyful, glad.

Unscramble the letters below to find 5 words associated with "success"

1. evichae
2. tyvroci
3. teqsunoc
4. muphitr
5. tatani



Let's play with anagrams!

An **anagram** is a word, phrase, or sentence formed from another by rearranging its letters: "Angel" is an *anagram* of "glean" or "stain" is an *anagram* of "satin"

Find 2 anagrams using the word "below"

- 1.
- 2.

How many four letter words contain the word: **ICE**
Good luck, we found 12

ARAPROSDOKIANS are figures of speech in which the latter part of a sentence is unexpected. Below are some examples:

- Where there's a will, I want to be in it.
- Since light travels faster than sound, some people appear bright until you hear them speak.
- If I agreed with you, we'd both be wrong.
- War does not determine who is right—only who is left.
- Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- They begin the evening news with "Good Evening," then proceed to tell you why it isn't.
- In filling in an application, where it says, "In case of emergency, notify:" I put "DOCTOR."
- I didn't say it was your fault; I said I was blaming you.
- A clear conscience is the sign of a bad memory.
- I used to be indecisive. Now I'm not so sure.
- Nostalgia isn't what it used to be. Nor is there any future in it.
- Change is inevitable, except from a vending machine.
- Going to church doesn't make you a Christian any more than standing in your garage makes you a car.
- I am not arguing with you. I am explaining why you are wrong.

Submitted by Bruce Boucher

Hope we made you scratch your head—answers on page 34

THE TIRES YOU NEED. THE SERVICE YOU DESERVE.



Passenger, Light Truck, Lawn & ATV, Commercial, Farm

With a wide variety of top name brand tires, OK Tire provides you with a large selection to meet your driving needs.

519.662.4990
1413 Gingerich Rd.,
BADEN
oktire.com

BRIDGESTONE

Continental

GENERAL TIRE

firestone

GOODYEAR

TOYO TIRES

KUMHO TIRE

PIRELLI

BKT

OK TIRE

Honestly driven.

OFFICE SPACE FOR LEASE

1100 SQ. FT.

CALL 519-804-9163

Email: ray.roth@saturnpower.com

Ask Armand ~



Ron from New Hamburg asks— what is the history of the old building that recently went down on 21 Snyder's Road, near the tracks?

Armand says—Well Ron, that is a darn good question as it sure has had a long and busy commercial history. I know of its history back to the 1920s when Ezra Koehler once owned the Bakery Shop. In 1947 that business was sold to Nyal Shantz, who operated it as a bakery until 1952. The business was then sold to a New Hamburg person who operated Joe's Bakery. He operated it for a short time until it was sold to the Doda family... and they really put the place on the map with their famous doughnuts and baked goods.

The Doda's operated the bakery until 1997, when Ted Doda closed it and re-opened it up as Lazer Electronics on the west side of the building. Several businesses rented the eastern side over Doda's ownership including Baden Computers (August 2001 to September 2004), Garden of Life, (2005 -2006), and Higher, Faster, Stronger and Livewell Massage Therapy (2007). In 2007 Ted Doda relocated his business and started renting the westerly unit.

There have been many other tenants that rented in that building, including Simply Scrumptious, Bubbles and Biscuits, Property Guys, Little Things Alterations, and maybe even more than I can recall. But Ron, just keep an 'eye' out for what's next for this downtown property!



BADEN OPTICAL

eyewear • contacts • sunglasses

Over 2500 Designer Frames to Choose From!

2 PAIRS
HD Progressive

\$349 LIMITED OFFER
FRAMES & LENSES

2 PAIRS
S.V. HD

\$199 LIMITED OFFER
FRAMES & LENSES
UPGRADE TO DESIGNER FRAMES FOR \$49 A PAIR

2 PAIRS
Kids S.V. HD

\$159 LIMITED OFFER
FRAMES & LENSES
UPGRADE TO DESIGNER FRAMES FOR \$49 A PAIR

Come in and Compare!

Now to January 31st, 2016

Eye Exams Done Here! Lab on Premises

125 Snyder's Road E., *Next to Baden Library* 519-513-2220

Like us on www.badenoptical.com follow us on

Hours: Mon 11-4, Tues Closed, Wed-Fri 11-7, Sat 10-3

BUDGET PLUMBING

Renovation & Repairs

519-589-0597



CHARLIE BAUMBACH
Licensed Plumber
budgetplumbing@bell.net

**START THE NEW YEAR
WITH GREAT HEARING.**



**90 DAY RISK FREE TRIAL PERIOD FOR GUARANTEED SATISFACTION
CALL TODAY FOR A **FREE HEARING TEST!****



608 BELMONT AVE. W., KITCHENER

519.745.5888

TJANA

10 WATERLOO ST., NEW HAMBURG

519.662.6884

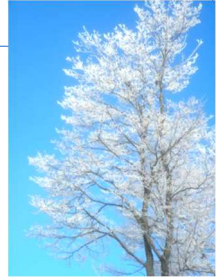
LYNNE





Anyone who thinks that gardening begins in the spring and ends in the fall is missing the best part of the whole year. For gardening begins in January with the dream. -- Josephine Nuese

WHS's parent organization is the Ontario Horticultural Association (OHA). OHA has a "**Greening Up**" section to create awareness of climate change and what we do "**within our fence,**" and how community has an impact "**beyond the fence.**" Douglas Tallamy, a professor at the U. of Delaware, was quoted as saying: "**We have to raise the bar on our landscapes. In the past, we have asked one thing of our gardens: that they be pretty. Now they have to support life, sequester carbon, feed pollinators and manage water.**" (<http://conservation.gardenontario.org>)



Whether starting from scratch or re-designing your yard, consider purpose. Hardscaping (walkways, patios, ponds) comes first in the design. How much time per week can you spend on maintenance? For vegetation, location, location, and location are the most important!!! Consider sunlight, soil type, drainage, climate (we're in Zone 5) and space for your plantings. Try to go native.

Some Websites for planning ideas:

- Canadian Wildlife Federation: www.cwf-fcf.org/en/discover-wildlife/gardening
- Master Gardeners of Ontario: www.mgoi.ca: Check out newsletters; click under education for a huge reference manual with basic garden information that you can download or read from their site.
- University of Guelph Arboretum: www.uoguelph.ca/arboretum/educationandevents/workshops.shtml
- Pollination Guelph: www.pollinationguelph.ca
- The Great Pollinator Project: greatpollinatorproject.org/management/nesting-habitat
- Garden line, U. of Saskatchewan: <https://agbio.usask.ca/community-outreach/gardenline/index.php>
- Nature Watch www.naturewatch.ca Join researchers and nature enthusiasts across Canada in collecting scientific data that helps track changes in our natural environment. Canadian nature needs you! Kids and adults wanted!
- Royal Botanical Gardens www.rbg.ca
- The Plant list www.theplantlist.org
- I Can Garden www.icangarden.com
- Garden Forever www.gardenforever.com This website offers information to help to continue to garden with disabilities, ageing and more. Also check: <http://www.chta.ca/education.htm>
- Compost Council of Canada www.compost.org
- <http://web.extension.illinois.edu/state/programarea.cfm?ProgramAreaID=14> University of Illinois has all kinds of information on horticulture.
- Rain gardens <http://learningstore.uwex.edu/assets/pdfs/GWQ037.pdf> <http://www.lakesuperiorstreams.org/stormwater/toolkit/raingarden.html>
- Tree Atlas of Ontario: <http://www.ontario.ca/environment-and-energy/tree-atlas/ontario-southwest/7E-6>
- Tree Canada, invasive species that kill our trees: <https://treecanada.ca/en/resources/tree-killers/plants/>
- Ontario Wildflowers <http://www.ontariowildflowers.com/>
- With Landscape Ontario, Ont. Invasive Plant Council's list of native plantings: go to '**Grow Me Instead**' <http://www.ontarioinvasiveplants.ca/index.php/gardenersandhorticulturalists>
- Credit Valley Conservation's Guide to Native Plant Nursery and Seed Suppliers in Ontario. <http://www.ontarioinvasiveplants.ca/files/CVCNativePlantNurseries.pdf>
- Read garden magazines and books. Our libraries have an excellent selection of magazines and books. I enjoy *Gardening Making* (my fav!), *Canadian Gardening*, *Birds and Blooms*, *Organic Gardening* and *Canada Small Farm* magazines.



WHS's upcoming meeting is at 7:30 pm, February 11th, **Wilmot Recreation Centre, upstairs in Meeting Room A. It features Vicky Taylor-Scott, Landscape Architect, with "Cheap and Cheerful Gardening"**: how to achieve "neighbour envy" with an emphasis on being thrifty. It's a free meeting, with a 50/50 draw (bring a loonie or toonie), door prizes and social with tea/coffee with and snacks.

Plan how your fingernails and knees will get dirtier this spring!

www.gardenontario.org/site.php/wilmot email: wilmothortsociety@gmail.com

Baden Outlook Baseball Pool Stats

ADULTS			KIDS		
Place	Name	PTS	Place	Name	PTS
1	Hannah Litwiller	426	1	Ayden Ziegler	406
2	Amy Papa	421	2	Meghan Hopkins	403
3	Breanna Hopiavuori	418	3	Justin Nelson	396
4	Doreen Dean	410	4	Rhett Calder	391
5	Arlene Naumann	409	5	Erin Rooney	379
T6	Michelle Ruston	406	6	Blake Aubree Schwartz	378
T6	Jeff Miller	406	7	N H Girl Guide Unit	377
8	Rachel Gondosch	403	8	Kohen Patten	376
9	Chris Woods	401	9	Sabrina Hallman	375
10	Noah Heinbuch	400	10	Lashaedyn Faulkner	374
T11	Jessie Gingerich	399	T11	Aiden Kropf	370
T11	Jon Snook	399	T11	Calob Heinbuch	370
13	Emily Danard	398	T11	Sheanne McGrath	370
14	Ralph Dahl	397	14	Jamie Hoerle	369
15	Chazen Snyder	395	T15	Adam Hoerle	368
16	Brett Gardner	394	T15	Logan Moore	368
T17	Armand Weiler	393	T15	LaceyLee Egli	368
T17	Jessica Kumornik	393	18	Aiden Heinbuch	367
T17	Rob Leu	393	T19	Owen Moore	366
20	Brenda Carney	392	T19	Jordan Hopkins	366
21	Patt Miller	391	T19	Allie Gardner	366
T22	Bailey Bechthold	388	22	Hudson Waechter	365
T22	Joel Ruston	388	T23	Jordyn Ertel	363
T24	Michelyn Routhier	387	T23	Ben Ziegler	363
T24	Katelyn Koenig	387	25	Elias Bizony	362
T24	Josh Martin	387	26	Finlay Johnson	361
T24	Brooke Bechthold	387	27	Carter Girodat	360
28	Emily Buchenauer	386	28	Nate Roth	358
29	Chris Dubrick	385	T29	Vance Hallman	357
30	Justin Reiber	384	T29	Evan Hopkins	357

Congratulations to
Amy Papa for taking the
Adult Leader Prize for this
 month's Hockey Pool,
 winning a gift certificate from
Jake & Humphreys'.



The leader of the Kids Hockey Pool
 is **Rhett Calder**, winning a gift
 certificate from **Riverside Lanes.**
 (Sorry Hannah, Ayden, Justin and Meghan—
 you can only take the leader prize once!)

The lucky random draw winner
 is **Jennifer Huck** winning a
Baden Outlook hoodie.

Jake & Humphreys'

BISTRO

www.jakeandhumphreys.com
 Open lunch & dinner Tue-Sat
 Licensed under AGCO

196 Peel Street
 New Hamburg, ON N3A 1E3
 519 662 1143

Don't forget to take in the free
 swim (1-4 pm) and skate
 (12:30-2:15)



offered at the **Wilmot Recreation
 Centre on Family Day, February
 15th...** compliments of the
**Baden Community Association
 and the Township of Wilmot.**



Hello sports fans—thanks for playing hockey with us! We had 512 hockey pool entries and you can start following your stats which are updated daily on the site. The Outlook draws the stats on the 7th of each month to determine the winners.

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



Where Did Those Sayings Come From?



A SHOT OF WHISKEY — In the old west a .45 cartridge for a six-gun cost 12 cents, so did a glass of whiskey. If a cowhand was low on cash he would often give the bartender a cartridge in exchange for a drink. This became known as a "shot" of whiskey.

THE WHOLE NINE YARDS—Fighter planes in WWII had machine guns that were fed by a belt of cartridges. The average plane held belts that were 27 feet (9 yards) long. If the pilot used up all his ammo he was said to have given it the whole nine yards.

BUYING THE FARM—This is synonymous with dying. During WWI soldiers were given life insurance policies worth \$5,000. This was about the price of an average farm so if you died you "bought the farm" for your survivors.

PASSING THE BUCK/THE BUCK STOPS HERE—Most men in the early west carried a jack knife made by the Buck Knives company. When playing poker it was common to place one of these Buck Knives in front of the dealer so that everyone knew who he was. When it was time for a new dealer, the deck of cards and the knife were given to the new dealer. If this person didn't want to deal he would "pass the buck" to the next player. If that player accepted then "the buck stopped there."



RIFF RAFF—The Mississippi River was the main way of traveling from north to south. Riverboats carried passengers and freight but they were expensive, so most people used rafts. Everything had the right of way over rafts, which were considered cheap. The steering oar on the rafts was called a "riff" and this transposed into riff-raff, meaning low class.

OVER A BARREL—In the days before CPR, a drowning victim would be placed face down over a barrel and the barrel would be rolled back and forth in effort to empty the lungs of water. It was rarely effective. If you are over a barrel you are in deep trouble.

BARGE IN—Heavy freight was moved along the Mississippi in large barges pushed by steamboats. These were hard to control and would sometimes swing into piers or other boats. People would say they "barged in."

HOGWASH—Steamboats carried both people and animals. Since pigs smelled so bad they would be washed before being put on board. The mud and other filth that was washed off was considered useless "hog wash."

HOT OFF THE PRESS—As the paper goes through the rotary printing press friction causes it to heat up. Therefore, if you grab the paper right off the press it is hot. The expression means to get immediate information.



RIVERSIDE LANES



182 Union Street, New Hamburg

BIRTHDAY BOWLING PARTIES



- ◆ Cosmic Bowling
- ◆ Pizza
- ◆ Beverage
- ◆ Slushie

TEAM SPORTS PACKAGE



FAMILY BOWLING SPECIALS

519-662-1938

Thank you for the many inquiries about advertising from the big cities. We do appreciate your interest but our policy is to accept advertising exclusively from within Wilmot Township. Our publication is small and has space limitations. We have faithful local advertisers that we would never sacrifice. We are here to support small business.



"Keeping the Community Connected"

Living in Baden,
~ working for you!
**Your Small
Town Agent...
BIG On Service**

519 662-4955 519 897-1507

Jon Lambert Sales Representative

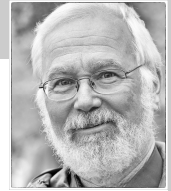
RE/MAX Twin City Realty Inc. Brokerage
106 Huron St. New Hamburg ON N3A 1J3



jonlambert@remax.net

BADEN BIRDING ~ Coming Home to Roost

By Ken Quanz



Pigeons! We all see them. If you have not, simply look for them at the Baden exit at the Highway 7/8 interchange. Often they are so ubiquitous we ignore them. Downtown streets in major cities, especially if there are food trucks present, seem to be a magnet for these birds. For many years they were not counted during the Christmas bird count; they were simply ignored by birders and treated as flying rats which cleaned up the crumbs left by humans.



Rock Pigeons (the old/new name for Rock Doves) were native to northern Africa and Eurasia. Early settlers often brought these domesticated birds with them on their way to the "New World" (and every continent except Antarctica now has a well-established population of these birds). Why were they brought with settlers? They cleaned up waste animal feed and scrounged wild seeds so they were easy to keep. Most importantly, however, was their instinct to "home" where they were placed. As populations grew, they provided an easy source of alternative protein which could be captured in barns at night, or shot as they milled around the farm buildings. I imagine many of our more mature residents have enjoyed pigeon pie.

These same pigeons are raised by people who like to competitively race them. Loaded into cages on trucks and trailers, these swift birds are taken many kilometres from their home, then they are released to find their own way to their roost. The flock rises into the air, makes a circle or two to orient themselves, then each bird heads for home. Good

racers make it back to their roost well before the vehicle from which they were released gets home. When the bird arrives at home, the owner "clocks them in" so a calculation can be made to see which birds made the fastest passage from release to their particular home. Some never make it because of predators such as hawks. Others get disoriented and join other tame or wild (feral) flocks. By racing the birds, the owner is able to pick out the best birds and breed them for further success.

"We are what we eat." This old saying applies to pigeons as well as to us. Part of the success of *Baden Feeds* comes from their ability to provide very clean specialty feeds to the exact standards and seed blends which individual breeders feel will provide a fitness and endurance edge to their racers. Because of this willingness to work with breeders, this local company has grown to supply feed to pigeon fanciers throughout much of North America and beyond.

Personally, I like to count the Rock Pigeons on the Christmas bird counts. During the Cambridge count we find the vast majority of pigeons on the hydro wires over the bridges on the Grand River in downtown Cambridge. They also "grace" the roofs of the old buildings, or fly in small flocks to where they think there might be food. The Linwood count tells a different story: with no significant city as home, we must look to the silo tops of the "old order" farms where livestock is kept. There, the pigeons still practise their age-old occupation, cleaning up after the cattle and horses.

Baden Birding Sponsored by:



Hours: Monday—Friday 8-5:30,
Saturday 8-noon

Baden
FEED & SUPPLY LTD.

519-834-5474 • 1-800-265-2385

76 Mill Street, Baden

**Helping Wild Birds get
through winter since 1989.**

Mention this ad for 10% off all
wild bird feeders till Feb. 15/ 2016

K.R. ABBOTT

**TAX & ACCOUNTING
SOLUTIONS**

(Formerly Lydia's Tax Service)

We do Personal, Business, Farm & Corporation Taxes
We also offer Complete Bookkeeping Services
Including Payroll, HST & WSIB Reports

Hours: 9am - 4pm Mon-Fri. or By Appointment

90 Wilmot St. New Hamburg
Mail to: PO Box 6003, N3A 2K6
Phone: 519-662-1857
Fax: 519-662-2166
E-Mail: lydiastax@bellnet.ca

The Snow Pros
Snow Clearing / Ice Control



Parking lots, driveways, sidewalks
Fully insured Professional
Radio dispatched trucks
Ice Control

Book NOW
for upcoming Snow Season

Call Tom the Tree Fellar **519-662-6198**
The Snow Must Go Hotline **519-580-6255**

*New Hamburg ~
Is Happy to Serve YOU!*



**SYLVAN SKI-DOO ARGO EVINRUDE EZ-GO TRAILERS GO KARTS LAWN & GARDEN
PARTS SALES SERVICE**

114 Arnold St. New Hamburg Ph. 519 662-1461 1-877-740-2628
On N3A 2C7 Fax 519 662-1101
E-mail info@blueskymarine.ca Web www.blueskymarine.ca



RUDY HELD PERFORMANCE
519-662-2821
New Hamburg, Ontario

Car & Truck Accessories

Tires and Wheels
Car Care Products

*Tonnage Covers
Hood Shields
Rain Guards*



Diecast

*Liquid Glass
K&N Filters
Programmings*

www.rudyheld.com



**E & L COLLISION
and
REFINISHING INC.**

111 Arnold Street,
New Hamburg, ON N3A 2C6

MURRAY ERB
Computerized Colour Matching

*Serving Wilmot
Since 1985!*

TOLL FREE 1-877-894-9773

Phone: (519) 662-1892

email: elcollision@bellnet.ca

SKOWRON
Decorating Centre
www.skowrondecorating.com



• Custom Window Treatments • Benjamin Moore Paint • Wall Coverings

Reynold & Kathy Skowron

85A Huron Street, New Hamburg, Ontario N3A 1K1
Phone: (519) 662-1142 • Fax: (519) 662-9067

You Must Be Joking!!



Divorce vs. Murder

A nice, calm and respectable lady went into the pharmacy, walked up to the pharmacist, looked straight into his eyes, and said, "I'd like to buy some cyanide."

The pharmacist asked, "Why in the world do you need cyanide?"

The lady replied, "I need it to poison my husband."

The pharmacist's eyes got big and he explained, "Lord have mercy! I can't give you cyanide to kill your husband, that's against the law. I'll lose my license! They'll throw both of us in jail! All kinds of bad things will happen. Absolutely not! You CANNOT have any cyanide. Just get a divorce!"

The lady reached into her purse and pulled out a picture of her husband in bed with the pharmacist's wife. The pharmacist looked at the picture and said, "You didn't tell me you had a prescription."

PRESCRIPTION

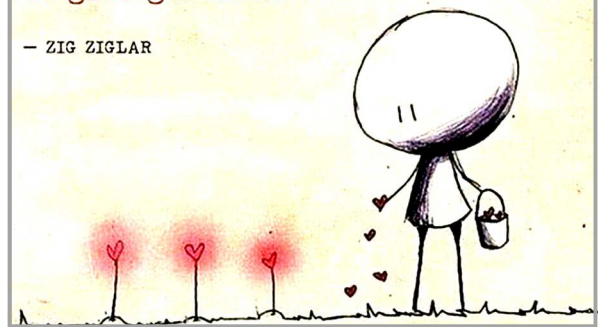
R

Ooops!

Submitted by Robert Price

Life is an echo.
What you send out, comes back.
What you sow, you reap.
What you give, you get.
What you see in others, exists in you.
Remember, life is an echo.
It always gets back to you.
So give goodness.

— ZIG ZIGLAR



*On-Site Dry Cleaning
Same Day Service
Eco Friendly!*



148 Peel Street, New Hamburg 519-662-1221

Office-wear, Shirts, Comforters, Linens, Drapery, Coats—Suede & Leather

Improving the Health of our Community

Coping with Suicidal Thoughts

By Melodie O'Connell MSW RSW



If you are having thoughts of suicide, you are not alone. Many people struggle with suicidal thoughts for a variety of reasons. Suicidal thoughts are scary, and can be one of the most troubling things that someone may experience. Suicidal thoughts may be the result of feeling overwhelmed or hopeless about a current situation or your future. You may also struggle with feelings of guilt, shame, anger, sadness, or emptiness. Suicidal thoughts may result from mental health issues, conflict with loved ones, experiencing loss, financial or legal problems, or the result of social isolation. Other contributing factors to suicidal thoughts may be issues related to drugs and alcohol, and medical issues including chronic pain or cancer, as many medications that individuals take for physical health indicate suicidal thoughts as a possible side effect. Sexual identity issues may also cause someone to struggle with suicidal thoughts. Regardless of the cause of the suicidal thoughts, it is important to develop a plan in order to remain safe.

Suicidal thoughts may be the result of intense emotional pain. In the midst of the pain, it may feel as if the only way to escape the pain is to end one's life. An important differentiation to ask is, "Is it that I don't want to live? **Or** is it that I don't want to live like this?" This can help individuals recognize and acknowledge that, if things were different, there might be a stronger will to survive.

When struggling with suicidal thoughts, it is important to develop a plan in order to cope:

- ◆ **Seek professional help** – Consult your doctor or other Mental Health provider to ensure that you are getting the appropriate care that you need.
- ◆ **Connect with others** – If you are worried that you may hurt yourself, or act on these thoughts, tell someone. Make sure you are with people that you trust.
- ◆ **Access crisis support** - Utilize crisis phone #s as they can be a valuable tool as well. (In this area, contact Here 24/7 @ 1-844-437-3247.)
- ◆ **Keep your home safe** – It is important to eliminate things that could cause you to hurt yourself including pills, razor blades, guns, or other harmful tools. This ensures that when the thoughts become strong, you will not be able to act on them impulsively.

- ◆ **Create a safety plan** – Have a written plan that you can utilize when the thoughts become strong. It is beneficial to create a plan with a family member or professional. There are important components of a safety plan that can help an individual cope and manage until the thoughts subside:
 - Identify activities that can calm yourself / activities of enjoyment
 - Remind yourself of reasons for living
 - Call a friend / family member
 - Call a Health Care provider / Local Crisis Line
 - Go somewhere that you can remain safe
 - Go to the hospital / Call 911

With the help of professionals and the support of family and friends, you can learn what is contributing to suicidal thoughts, and what steps you can take to cope. These steps may include developing new coping strategies, improving relationships, reducing isolation / increasing supportive networks, viewing things within a new light, or medication. When we utilize all of the strategies together, we improve our chances of coping successfully with thoughts of suicide, and hopefully eliminate future episodes of suicidal thinking.

ZEHR 
INSURANCE BROKERS LTD.

Experts for all types of
Farm & Agri-Business Insurance

Proudly partnered with Ontario's leading
Mutual Insurance companies



Call 519-662-1710
59 Huron St, New Hamburg, ON
www.zehrinsurance.com

"Protecting What Matters to You"



Jim and Laurie Arkell

75 HURON STREET,
NEW HAMBURG, ONTARIO N3A 1K1

PHONE: (519) 662-2640
FAX: (519) 662-4170



From the staff and Board Members at Interfaith....
We wish you a year filled with happiness and health.

We are \$15,000 away from our target
for our Expanding Hope Campaign.

Our new waiting room will help those in need feel hopeful about their journey towards wellness.

We would like to thank all volunteers, donors and the community for the generous support we received in 2015.



2016...at a Glance

Support Group for Caregivers dealing with teens and substance abuse: Jan 5th, Feb 2nd, Mar 1, Apr 5th

Adult Bereavement Support Group:

Monday Mar 21st 7-8:30

Strategies to Cope with Anxiety and Depression Group: -

Thursday evenings 7-8:30 pm starting mid February

Why? Group: For Families Bereaved by Suicide.

Wednesdays 7-8:30, starting Jan 20th

Side by Side peer led support group for families bereaved by suicide: 4th Wednesday of every month

AGM and Expanding Hope Open House: March 8th

Growth Through Marriage: April 1st -2nd

Annual Silent Auction: April 30th

Let's Talk Mental Health

Series:

Tuesday evenings 7-8:30

Jan. 19th: Depression

Feb 16th: Supporting our Seniors

Mar 15th: Self Injury

Apr 19th: Separation/ Divorce

Contact the office for additional program information and registration 519 662-3092

We are currently seeking individuals who are interested in joining our dynamic team as a volunteer Board Member or Committee Member . To learn more about these opportunities, please feel free to contact Kristin at our office for more information.

23B Church St., New Hamburg, ON N3A 1J1
info@interfaithcounselling.ca | www.interfaithcounselling.ca

This advertisement sponsored by Expressway Ford

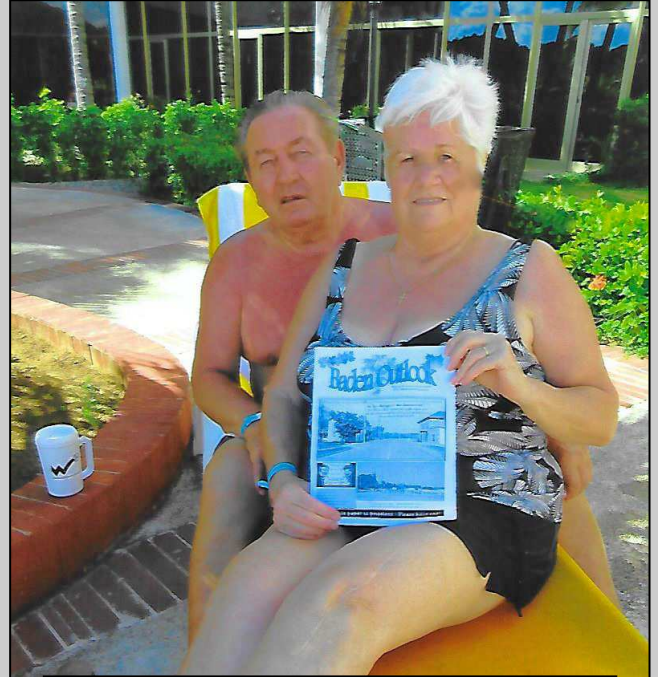




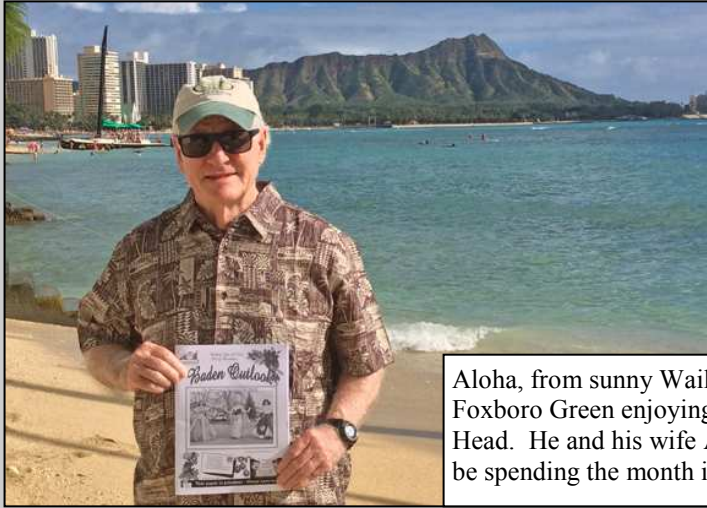
Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Ellen and Bill Lovell of Foxboro Green took their *Baden Outlook* to the lava fields of the Kilauea volcano on the Big Island of Hawaii.



Fred and Betty Mender took their *Baden Outlook* along with them to Marea del Portillo, Cuba.



Aloha, from sunny Waikiki! Paul Lawrence of Foxboro Green enjoying the view of Diamond Head. He and his wife Abby, are overjoyed to be spending the month in Hawaii.

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



Karen Weber
Owner/
Consultant



Traci Jutzi
Consultant



Kristina Ziegler
Consultant

(519) 662-3150

Where your journey begins...
Let our experience guide you.

New Hamburg Legion



65 Boulee Street
New Hamburg

Hall Rentals

Call Terri Taylor 662-3834
Or Legion 662-3770



...To Disney World, Cuba, Hawaii,
and home to Baden!



The Baden Outlook traveled to Disney World in Florida with Kathryn and Bob Hadley, their three grandsons, and daughter and son-in-law.



Edward Neilsen brought his Baden Outlook from Jemseg, New Brunswick, home to Baden, Ontario, to have a Christmas visit with his parents, Donna and Leif Neilsen, and his sisters, Sherry Reitzel and Tanis Smith, and their families. Made everybody's Christmas a little merrier!

Red and White
Realty Inc.
Brokerage

Wade Halliday
Sales Representative
Red & White Realty Inc.

Senior VP of Commercial Real Estate Services
Division, including Residential Sales

Wade.Halliday@RedandWhiteRealty.com

519-804-9934 Ext.1017 Office

519-778-9413 Mobile

226-214-3133 Fax



You Must Be Joking!!
...yikes, and they walk among us!



Some guy bought a new fridge for his house. To get rid of his old fridge, he put it in his front yard and hung a sign on it saying: "Free to good home. You want it, you take it."

For three days the fridge sat there without anyone looking twice. He eventually decided that people were too mistrustful of this deal. So he changed the sign to read: "Fridge for sale \$50." The next day someone stole it!

.....
Traffic Camera: A man was driving when he saw the flash of a traffic camera. He figured that his picture had been taken for exceeding the limit, even though he knew that he was not speeding. Just to be sure, he went around the block and passed the same spot, driving even more slowly, but again the camera flashed. Now he began to think that this was quite funny, so he drove even slower as he passed the area again, but the traffic camera again flashed. He tried a fourth time with the same result. He did this a fifth time and was now laughing when the camera flashed as he rolled past, this time at a snail's pace... Two weeks later, he got five tickets in the mail for driving without a seat belt.



Submitted by Bruce Bousher

THE WHINING TREE
Wine-Making, Kits & Supplies

"Home of Cheeky Monkey"

**Where Good Friends
Make Great Wine!**



73 HINCKS ST UNIT 6 519-662-4111 NEW HAMBURG
Tuesday - Friday 11am-7pm ~ Saturday 10am-2pm

Let US Help Take Care of YOU!

Linda Langenegger

Medical Aesthetician & Pro Makeup Artist



Skin Care * Permanent Hair Reduction * Makeup Design

Unwind with a Relaxation Facial Massage

Gift Certificates Available

Affinity Health Clinic - 3 Waterloo St., New Hamburg, Ont
519-741-462 / lindalangenegger@gmail.com

livewell
health & wellness

Registered Massage Therapy · Chiropractic
Orthotics · Physiotherapy · Natural Medicine

Online Booking

www.livewellhealthandwellness.com

519 634 9819

18 Snyder's Rd W
Baden Ontario

Mariko Ogasawara RPr.

Registered Reflexologist 519-634-8935



Reflexology: Relieves tension
Improves circulation
Promotes natural healing

Reflexology Registration Council of Ontario
Grand River Reflexology Associate



Specializing in pain management;
mobility issues; allergies,
chronic and acute injuries.
Helping people live an active
pain free life naturally.

Caroline Wilson R.Ac
ACUPUNCTURIST

65-C Brubacher Street, Baden, ON

T: 519-577-3455 elementsnaturalhealing@primus.ca



Administering quality care in Wilmot since 1998.

Stephanie Hergott

Registered Massage Therapist

BY APPOINTMENT ONLY

*Don't let your
benefits go to
waste again!*

(519) 635-9240
stephaniermt@gmail.com
www.maximizemgotion.ca

1806 Erb's Road, Box 204, St. Agatha, ON. N0B 2L0

"Oh So Pretty" by Carrie Thorne

Offering 21 years of experience in esthetics.

Call me for your Eyelash Extensions
and Shellac Manicures for your
upcoming Christmas parties.

For appointment please call Carrie at
519-634-8436 or text 519-500-4943



1760 Erb St Unit A
St. Agatha, Ontario
519-725-4282

Tues - Thurs 9 - 6
Friday - 8
Saturday 8 - 5

Organic Food Box

Organic Produce & Food Delivered to Your Door
Order Online, Call Us or Shop In Store

- Local / Imported Certified Organic Fruits & Vegetables
- Organic & Natural Food
- Organic Meat & Dairy
- Vitamins
- Bodycare
- ERB OUTLET

www.pfenningorganic.ca

krissak's
K-CUTS

Family Hair Care

Call Kathy at
634-5772

75 Snyder's Rd. W., Baden

*New Hair Colour!! Bio-Friendly
No Ammonia ~ Healthier Choice*

Shop Hours

Monday	9:30-8:00
Tuesday	9:00-6:00
Wednesday	Closed
Thursday	9:30-8:00
Friday	9:00-5:30
Closed Saturdays	



www.affinityhealthclinic.ca

Naturopathic Medicine • Chiropractic
 Custom Orthotics • Acupuncture
 Holistic Nutrition • Midwifery
 Seminars/Classes • Massage Therapy

3 Waterloo Street
 New Hamburg, ON
 N3A 1S3

Tel: 519-662-2123
 wecare@affinityhealthclinic.ca

*It's a New Year and Time for Change...
 To grow, to learn, to feel even better!!*

Exercise Block

Instructions:

1. place block on the floor
2. walk around it three times
3. sit down and rest.

You've just walked around the block three times, good job!

LESS	MORE
TALKING	LISTENING
PLANNING	DOING
SODA	TEA
JUNK FOOD	VEGETABLES
TELEVISION	READING
COMPLAINING	ENCOURAGING
WORRYING	HOPING
DOUBTING	BELIEVING
MEDIA	SOCIAL
LAZING AROUND	MOVING
FROWNING	SMILING
WEAKNESS	CONFIDENCE
INSECURITY	UNDERSTANDING
ANGER	LOVE
POUTING	SMILING
UNGRATEFULNESS	GRATITUDE

The Best Thing You Can Wear is a Smile!

Sisters
 PAINTING AND DECORATING

Clean, Reliable
 Quality Work

Reasonable Rates
 Over 25 Years Experience

Call Debbie
 519-662-6210



ReNu

Health & Wellness

Registered Massage Therapy
 Deep Tissue & Relaxation Treatments Offered

- Reflexology • Reiki • Hot Stone
- Indie Head Massage • Sauna Bag
- On-site available in Wilmot • Prenatal Massage Table

Advanced Nail Care Clinics: Amy Gailhauman RN Dianne Roth RN

Angie Hallman RMT Lori Zimmerman RRPr Jasmine Barker RMT

www.ReNuHealth.com 519.662.6277

251C Huron Street., New Hamburg ON N3A 1K2
 Same Day Appointments - Flexible Day & Evening Hours Mon. - Sat.

NFL Launches Play 60 Canadian pilot program at New Dundee PS

New Dundee Public School has partnered with the National Football League (NFL) to promote the Play 60 program. New Dundee Public School is one of four schools across Canada selected for this 28 day program. The purpose of the program is to motivate students to move more before, during, and after school for at least 60 minutes every day. We are encouraging all students and their families to get moving every day in January. There was a kick off assembly on Tuesday, January 5 to launch the program.



During this assembly, (all students were encouraged to wear a sports jersey and running shoes) the students learned about the fun activities to be offered at the school over the next 4 weeks to help keep moving throughout the day. Students will track the number of minutes they are physically active each day. Parents, siblings, families, friends, and neighbours are also encouraged to track the number of physical activity minutes on a survey that was released on Tuesday.

You Must Be Joking!!



Dad... I'm getting married!

I guess this is the way the world is evolving!

Daughter: "Daddy, I am coming home to get married. Take out your check book. Dad, I'm in love with a boy who is far away from me. I am in Australia and he lives in the UK. We met on a dating website, became friends on Facebook, and by having long chats on web. App. He proposed to me on Skype and now we've had two months of relationship through Viber. Dad, I need your blessings, good wishes and a big wedding."

Father: "Wow! Really!! Then get married on Twitter, have fun on Tango, buy your kids on Amazon and pay through Paypal. And if you are fed up with your husband....sell him on Ebay".

Submitted by Robert Price

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

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

Introducing the all new...

2016 Lincoln MKX



EXPRESSWAY LINCOLN | 1554 Haysville Rd | New Hamburg, ON | 1-519-662-3900 | www.expresswaylincoln.com



Physical activity during the winter season can place unique demands on the body that can predispose you to injury. The good news is there are strategies that can be employed to help prevent cold-related injuries.

Below are some of the common injuries that can occur during the winter season:

- **Soft tissue injuries** including *sprains, strains, and contusions*. Cold weather decreases the elasticity of soft tissues making them more prone to injury during activity. Ligaments and muscles in the back, upper and lower extremities are commonly injured. Falls in slippery conditions can also contribute to injury.
- **Exposure injuries** include *frostbite* and *hypothermia* and occur when individuals do not wear attire that is appropriate for the weather conditions and physical activity performed.
- **Blisters** can form due to the friction of wet gloves and/or wet socks with poorly fitting footwear.
- **Sun-related injuries** can also occur in the winter months and cause *sunburn* and *snow blindness*.
- **Technical injuries** can happen when physical activities are performed with: inadequate technique/training; unsuitable equipment; and/or poor preparation/planning.

Below are some of the strategies that can be used to prevent cold-related injuries:

- **Warm up** and prepare your body for physical activity by stimulating the joints and muscles, and increasing blood circulation. Also consider **exercise training** to help prepare you for winter activity.
- **Dress for the elements** by wearing insulated lightweight clothing with multiple layers. This will allow you to add or subtract layers as needed. Attire that is waterproof can help keep you dry and reduce the risk of heat loss. Insulated gloves, footwear, and headgear can also help keep you warm. Shoes and boots with solid treads and soles can help minimize the risk of awkward twisting, slips and falls.
- **Protect yourself from the sun** by applying sunscreen regularly. Your eyes should also be protected with UV blocking sunglasses.
- Get professional **training** and advice while learning the skills of a particular activity such as skiing or snowboarding to help minimize the chance of injury.
- Use safe snow shoveling **techniques**.
- **Equipment** considerations may include using an ergonomic snow shovel, having sporting equipment properly fitted for your body type, or wearing a helmet during activities.
- **Preparation** is critical. For example, be aware of changes in weather forecasts that can influence safety. Intermittent thaws and subsequent freezing can give way to ice build-up under foot increasing the risk of back twisting, slips and falls. Coarse sand or ice salt can help give your walkways and driveways more traction. **Planning** for physical activity is also important. For instance, adequate nutrition and hydration before, during, and after activity can optimize energy levels and improve overall physical functioning. This will help reduce fatigue and chance of injury.



Recognizing some of the common injuries that occur during the winter months and knowing which precautions to take can ensure that you enjoy physical activities safely in cold weather. For additional information on health and wellness, 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.



New Hamburg Wellness Centre

- Chiropractic Care
- Rehabilitative Speciality Services
- Registered Massage Therapy
 - Medical Acupuncture
 - Custom Orthotics
 - Naturopathy

New Patients Welcome!



Proudly serving Baden, New Hamburg & surrounding communities for over 12 years.

**9-338 Waterloo Street, New Hamburg
519.662.4441 www.nhwc.ca**

NEW HAMBURG'S MOST ESTABLISHED FULL FITNESS FACILITY

We pay you to work out!

A New Year . A New You . Get two months free!



ABolute
FITNESS & PERSONAL TRAINING

No start up fee
Call us for details

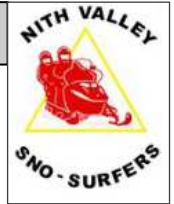
Check our website for great Personal Training deals

Special expires January 31st 2016.
Student and family rates available. New members only.

Fitness is not just our business...it's our life!

66 Hincks St., Unit #2, New Hamburg, Ontario N3A

CALL US TODAY at 519-662-9066 or VISIT US at www.absolutefit.ca



How does the NVS operate within local and provincial regulations? A small club like our Nith Valley Snosurfers abides by regulations set down by the Ontario Federation Snowmobile Club system and levels of government such as the Ministry of Transport Ontario. For example, if a Police Officer on patrol writes you a ticket while you're on your snowmobile, that ticket is not enforced by any local snowmobiling club, but by the MTO. Most officers will honour signage established by local clubs, but some officers have been known to follow only the OFSC website. Consequently, I advise you to go to the OFSC site to bring up trail conditions before heading out on your day trip: one area may be open and another closed because of lack of snow or other safety conditions. Should you come across a "Trail Closed" sign while out for a ride, obey the sign, or you may be ticketed under the MTO as a trespasser.

When trails are ready for use, it is my twice weekly job to inform District 5 (under which we operate) of trail conditions, so they may update the interactive OFSC website. My three options are Red (trails closed), Yellow (limited use), and Green (trails open). Should you encounter a "Red," don't use this trail or you may be ticketed for trespassing; "Yellow," be aware that trail conditions won't be perfect and you may encounter closed areas; "Green," use with confidence. By using the trails in a safe manner (according to regulations), you can be sure you'll enjoy

yourself. Ride safely, and stay only on marked trails.

The trail system in Baden/New Hamburg boasts new improvements, which are worth the ride to see. The access trail to the New Hamburg Tim Hortons has been widened, and a new culvert has been installed. Trail B203 that goes by the Baden schools has changed—it slips into farmland to take you to Wellesley and St. Agatha, and goes by our clubhouse. Drop in and visit! And do remember that east of the Baden survey is NOT a trail: access to EJ's Tavern and the Baden gas bar is from south of the railroad tracks directly to those areas.

Sad to say, I have to again comment on Bad Snowmobiling. Early in the season, even before our trails were set up, Landowners reported that, on that tiny bit of November snow, sleds drove across their property. The 1% of us who continue to violate club rules jeopardizes our relationship with landowners and their permission to use their lands. Anyone who crosses lands not on marked trails is TRESPASSING. **Use only marked trails**, so that we may all enjoy a good and safe season of snowmobiling.



To get more involved with the NVS or to join our club, go to: www.nithvalleysnosurfers.com

HollisWealth^W



Courtney Beach, Associate Financial Advisor

Meet Courtney ...

- ◆ New home owner
- ◆ Always has a book on the go



- ◆ Amateur photographer
- ◆ World traveller

148 Peel St. Unit 1B, New Hamburg • 519-662-4001
www.knowliketrust.ca

HollisWealth is a trade name of HollisWealth Advisory Services Inc. Mutual Fund products are provided through HollisWealth Advisory Services Inc.™ Registered trademark of the Bank of Nova Scotia, used under licence.

KLT Wealth Management is a personal trade name of Joe Figliomeni

You Must Be Joking!!



Travel Plans for 2016— come along!

I have been in many places, but I've never been in Kahoots. Apparently, you can't go alone. ... You have to be in Kahoots with someone. I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my children, friends, family, and work. I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore. I have also been in Doubt—That is a sad place to go, and I try not to visit there too often. I've been in Flexible, but only when it was very important to stand firm. Sometimes I'm in Capable, and I go there more often as I'm getting older. One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get! I may have been in Continent, and I don't remember what country I was in. It's an age thing. They tell me it is very wet and damp there.

Submitted by Jean Shantz



W & W Liquidators

Handles / Hinges / Knobs / Spindles / Cabinet Hardware

118 Victoria Street S., Kitchener, ON N2G 2B4
Phone or Fax: (519) 744-1080

Jean Wood & Family

**** Residing in Baden for 55 years ****
In business over 25 years.

"We have more knobs than you can handle!!"
Over 5000 handles and knobs!



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

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

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

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, Baden Dental, Wilmot Rec. Complex, Tim Hortons, Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.



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

There are over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, NH Legion, McDonalds, Kasemann's, Morningside, Stonecroft, Office Pro, NH Thrift Centre, 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!



Expressway
Since 1983 **Motors Ltd.**

"Where Service Builds Sales"

1554 Haysville Road, HWY 7 & 8 at Peel St.
New Hamburg, Ontario N3A 1A3

(519) 662-3900

www.expresswayford.com

• SALES • SERVICE • LEASING • PARTS
• AUTO CLEANING



"Additional Location in Stratford"



**HAPPY
NEW
YEAR!**



**Wilmot Family
Resource Centre**

PREPARING FOR PARENTHOOD

Information and support before and during pregnancy

**Thursdays, January 14-February 25
6:30-8:00 pm**

Planning a pregnancy and being pregnant are both exciting times. A time of change, growth, discovery, and often many questions.

This free program offers information on a variety of topics related to pregnancy and becoming a parent. Support people are welcome.

*For more information or to pre-register
Contact Heather at 519-662-2731*

Another Cool Move

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

Keep the Miracles Flowing

**Blood Donor Clinic at
Royal Canadian Legion, New Hamburg
Monday, January 18th, 5-8 pm
Sponsored by Morningside Village**



Canadian Blood Services
it's in you to give

**Book an appointment
or Walk in.**

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

We are a support group for weight loss
Meetings are held on Tuesday evenings
St. James Lutheran Church, 66 Mill Street, Baden
Weigh-ins at 6:30 pm followed by a short meeting
For more information call 519-634-5226
Everyone Welcome

New in the Neighbourhood?

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

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



Used Ipod SHUFFLES NEEDED

A message from Nithview's Family Council:



Please donate used (or new) iPod shuffles to the **MUSIC & MEMORIES** personal iPod program at **Nithview Long Term Care** in New Hamburg. Help us set every resident up with a shuffle loaded with their personal music favourites. Google "music & memories Henry" to learn more about this great program that Nithview is rolling out. Will

take other models but the shuffle is the model we'd like to standardize on.

*Please contact: Linda Kress – Nithview Family Council
at 519-634-8517 or linda@cwisp.ca*

100%

FUNDED BY COMMUNITY
SPONSORS & DONATIONS

**WATERLOO
REGIONAL**

CRIME STOPPERS

1-800-222-TIPS (8477)

www.waterloocrimestoppers.com



**"Like" us on
Facebook**



**Follow us on
Twitter**
[@waterloocrime](https://twitter.com/waterloocrime)

**3 ways to
leave a tip**

Phone: 1-800-222-TIPS (8477),
Web: waterloocrimestoppers.com,
Text: to CRIMES and start your tip with TIP152



New Hamburg Lion & Lioness Tree of Light



The New Hamburg Lions and Lioness Clubs wish to thank our community for their support with our 32nd Tree of Light campaign.

Our thanks to Father Steve for blessing our tree, the Holy Family School Choir, the New Hamburg Concert Band, and Olivia Miller who sang so beautifully.

Also thank you to Rob Esposito Auto & Cycle for their surprise donation. A big thank you to Sobeyes, New Hamburg for donating the hot dogs, buns, and apple cider; NoFrills for the cups; and Home Hardware for the use of their BBQ.

To all the businesses and people who donated to our campaign and our guests who joined us, we thank you for helping to light the Tree of Light.

Our best wishes for prosperous New Year.

We're on the Web!

Visit www.badenoutlook.com



Balance

Taoist Tai Chi® path

™ Trademarks of Certmark Holdings Co. Ltd., used under license by Fung Loy Kok Institute of Taoism
© Registered Charity# 11893 4371 RR0001

Taoist Tai Chi® arts

Open Houses

Mon., January 11, 2016 Pondview, Wellesley 11-12 am
Mon., January 11, 2016 Wilmot Recreation Centre 1-2 pm
Wed., January 13, 2016 St. George's Anglican Church 7-8 pm

Weekly Beginner Classes Join anytime!

Mondays 10:45-12:15 Pondview, Wellesley
Mondays 1-3 pm Wilmot Rec. Centre
Wednesdays 7-9 pm St. George's Church

Contact: 519-634-8461



Enjoy the benefits of *Taoist Tai Chi®* arts in a location near you!



St. Agatha Lions Club

presents their

6th Annual - Special Edition Sip, Sample & Savour



Listen and enjoy the sounds of Amberley Beatty & The Sweet Dreams Band as they pay tribute to Classic Country & Old Time Rock & Roll

Enjoy complimentary samples courtesy of wineries, breweries and area restaurants & caterers

Saturday, February 13th, 2016 7:00 - 11:00pm
St Agatha Community Centre

Tickets \$40 each or Table of 8 - \$280

"A great medley of tastes & sounds"



Tickets Available from
Fisher's Esso - Kennedy's - Angie's
or by calling David @ 1.226.387.4553



*Please support the
advertisers in this paper
and keep our community
alive and thriving!*



New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

Invites you to join us for ...

Entertainment on

Saturday, January 23, 3-7—Dirty Old Men
Saturday February 27, 3-7
Kelus Laflamme & the Burning Love Band

Friday Night Dinner: January 29th

Local Churches Invite You to Join Them

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



ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden ON
519-634-5191 joanna.e.miller@gmail.com
Pastor Joanna Miller

Sunday Worship 9 am / Sunday School

Wilmot Centre Missionary Church

2463 Bleams Road—corner of Bleams & Sandhills Road

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

519-634-8687 www.wilmotcentremc.ca

Livingston Presbyterian Church

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am
Rev. John Deyarmond—519-747-9902

Steinman Mennonite Church

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

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

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

SHANTZ MENNONITE CHURCH

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

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

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

Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511 www.petersburgchurch.org

* Wheel Chair Accessible *

Worship Service 9:30 am / Sunday School

WILMOT MENNONITE CHURCH

2995 Bleams Road, New Hamburg, ON

Worship Service 9:30 a.m. ~ Christian Formation: 11:00 a.m.

Pastor Dave Roglasky

519-634-5030 www.wilmotmennonite.ca

West Hills Fellowship

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

Pastor Sean East / pastor.westhills@gmail.com

519-634-4993 office.westhills@gmail.com

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

You Must Be Joking!!



On the sixth day, God turned to Archangel Gabriel and said, "Today I am going to create a land called Canada. It will be a land of outstanding natural beauty. It shall have tall majestic mountains full of mountain goats and eagles, beautiful sparkling lakes bountiful with bass and trout, forests full of elk and moose, high cliffs overlooking sandy beaches with an abundance of sea life, and rivers stocked with salmon."

God continued, "I shall make the land rich in resources so as to make the inhabitants prosper, I shall call these inhabitants Canadians, and they shall be known as the friendliest people on the earth."

"But Lord," asked Gabriel, "don't you think you are being too generous to these Canadians?"

"Not really," replied God... "Just wait and see the winters I am going to give them!"

Submitted by Robert Price

Saturday Night at the Movies

Wilmot Mennonite Church, 2995 Bleams Road

January 16th at 7:00 p. m.

Feature - "Still Alice"

Alice Howland is a renowned linguistics professor happily married with three grown children. All that begins to change when she strangely starts to forget words and then more. When her doctor diagnoses her with Early-onset Alzheimer's Disease, Alice and her family face a harrowing challenge as this terminal degenerative neurological ailment slowly progresses to an inevitable conclusion they all dread.

Donations accepted to cover costs.

Nursery available but not staffed.

Bring a snack for yourself - Drinks provided.

Free admission. Everyone Welcome!

For further information call (519) 584-7089 or (519) 634-8963

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

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



NEW HAMBURG THRIFT CENTRE

41 Heritage Drive, New Hamburg
Tel: 519-662-2867
www.newhamburgthrift.com

We are accepting Winter and Spring wear



REGULAR HOURS

Mon-Thurs 9:00 am - 5:00 pm
Fri 9:00 am - **Open late 8 pm**
Sat 9:00 am - 4:00 pm



All proceeds benefit the work of Mennonite Central Committee

Every day the New Hamburg Thrift Centre receives thousands of donated items from generous **donors** who support our work and share their love through their donations. **Volunteers** dedicate their time and effort classifying, cleaning, pricing, and displaying all the donations received at the store, and **customers** who understand our mission purchase items which make a difference in others' lives. Thanks to these efforts, 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!

We invite you to celebrate our 9th year anniversary with us on Friday, January 15th from 9 am – 8 pm. We will hold a one day only sale with **15% off everything in the store**. This includes mats, quilts, new crafts, and all donated items.

We also appreciate when you help by donating your items seasonally. Our backroom of 8000 sq. feet may sound like a big storage area, but the reality is that, in order to offer the best items and increase our sales, we need to use our space efficiently, and storing items for long periods of time is not our best option. Off-season donations present great challenges for us. As a donor, the next time you look in your closet, garage, kitchen, or plan to re-organize, re-decorate, downsize or anything else, remember that somebody may find a new use for those items that you donate— especially if it is within the appropriate season. Many shoppers and donors are surprised to learn that we do not store off-season clothing. 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: Valentine's, 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

Thanks again for your support and may your beautiful smile be the reason for others' happiness this year. Spread your joy and happiness around. Happy New Year!

Make the Ordinary Come Alive

*Do not ask your children
to strive for extraordinary lives.*

*Such striving may seem admirable,
but it is a way of foolishness.*

*Help them instead to find the wonder
and the marvel of an ordinary life.*

*Show them the joy of tasting
tomatoes, apples, and pears.*

*Show them how to cry
when pets and people die.*

*Show them the infinite pleasure
in the touch of a hand.*

And make the ordinary come alive for them.

The extraordinary will take care of itself.

By William Martin

"Keeping the Community Connected"

With 3000 copies in circulation.



All Flowers & Charm
Flower Shop

Melissa Rabbets
(519) 662-2062
333 Waterloo Street,
New Hamburg, ON N3A 1S6
www.allflowersandcharm.net

"What I Love"
about St. Agatha School
from the minds and hearts of actual students and parents

Our Kids get to be Kids!
we build peace standards

No bullying
sports teams
rock teams

It's easy to make friends
My children get a chance to shine

All inclusive. Everyone is welcomed!

High academic standards - We are like a small little family

My kids love the outdoor play

Its like your part of one big family.

At our school no one is left behind

I Love St. Agatha because you get to be who you want to be

No Excluding Only Including
its a small school you know everyones name. everyone gets on the sports team

You get extra help because it is small.

the teachers help you learn at your own pace and aren't just teachers, but friends

I Heart the teachers

I love it because all the clubs and

OPEN HOUSE
Come see for yourself what's to love

Plus... Book Fair | Class Activities | Extended Day Care Info Session
with pride

TUESDAY, JANUARY 12, 2016
6:30 PM - 7:30 PM

Facebook | Twitter @stagathagators

ST. AGATHA GATORS

I Love St. Agatha School because you can make lots of friends so fast

Community Focused | Academic Excellence | Everyone Welcome
1869 Notre Dame Dr. St. Agatha



MONEY MEASURES INC
FINANCIAL STRENGTH AND STABILITY

Elaine Bechthold
Financial Coach

1826 Snyder's Rd. E.
Petersburg, ON N0B 2H0
Toll Free: 877-788-0480
Phone & Fax: 519-634-8021
info@moneymeasuresinc.com
www.moneymeasuresinc.com

Increasing financial security, saving money and eliminating debt through personal financial forecasting
Financial forecasting for small business startups

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




If I refuse to nap, is that resisting a rest?



Our offices utilize current dental technology and techniques to provide the care and treatment you need in the comfort you deserve.

- 3D Imaging for enhanced surgical diagnosis
- Invisalign™ and traditional teeth alignment
- Relaxing sedation options
- Treatment done in office/limited referrals

Family friendly care for you and your loved ones.

Your beautiful, healthy smile is our priority!



NEWhambURG
DENTAL GROUP

519-662-2632



Wellesley
DENTAL GROUP

519-656-3355

visit us @ communitydentalgroups.com



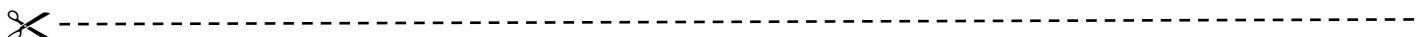
Every January 1st, as I head into the new year, I often repeat the phrase, “Tomorrow is a fresh, new day with no mistakes in it.” A new year presents with it many possibilities for a fresh, new healthy start! Let’s take a look at some key pointers to help us all have an optimally healthy 2016.

Good health doesn’t happen by mistake. It’s not our God-given right and it’s not coincidental. Good health arrives through hard work, intentionality, and self-discipline. I often teach that **Optimal Health** requires these five important principles at work:

1. True, sincere desire to do the work!
2. Consistency!
3. Perseverance to never, ever give up!
4. Patience to wait for the body to heal!
5. An awareness that every single choice in life contributes to: **Health** or **Harm**

“Every moment of every day, you make choices. These choices establish habits that collectively create your Lifestyle. Your Lifestyle ultimately determines the quality of your life.” ~ Christine Gingerich

Here are my top five most important point-form tips for optimal health and wellness in 2016. Consider clipping out the information below and posting it on your fridge, cupboard, or nightstand for regular reminders.



Top Tip #1: Be emotionally well

- Think positively: *You are what you think*
- Resolve toxic conflict and all relational problems
- Forgive and forget
- Smile readily... ☺ LAL = LAUGH A LOT! ☺

Don't...

- Harbour anger, resentment, bitterness, unforgiveness, anxiety, frustration, sadness, or jealousy
- Dismiss/ignore deep sadness or depression
- *Remember: *What you are eating is not nearly as important as what's eating you!*

Top Tip #2: Get 8 hours of sleep & regular R&R

- Rest when needed; some researchers believe one hour pre-midnight sleep equals two after midnight
- Establish healthy bedtime routines and stick to them
- Have one day of true rest every single week

Don't...

- Change bedtime routines, times, or habits
- Sleep with lights on or electrical appliances near you (TV, computer, alarm clocks)
- Eat after 7:30 PM unless truly hungry

Top Tip #3: Eat 50% raw food each day

- Begin each meal with fresh “living” (raw) foods that give life-giving nutrients

- Snack raw as often as possible (fruit/veggies, fresh juice, raw nuts/seeds, smoothies)
- Chew, chew, CHEW; digest foods well
- Choose organic whenever possible

Don't...

- Eat highly processed, canned, boxed foods
- Use Teflon, aluminum or the microwave

Top Tip #4: Drink 2-3 L of filtered water/day

- Ideally at room temperature or slightly cool; not heavily iced
- Herbal tea is also beneficial

Don't...

- Drink unfiltered tap water
- Don't hydrate with bottled water, pop, coffee, sweetened or “calorie-free” drinks

Top Tip #5: Exercise daily

- Exercise outdoors frequently
- Exercise improves metabolism, immunity, naturally detoxifies, and helps us sleep more effectively

Don't...

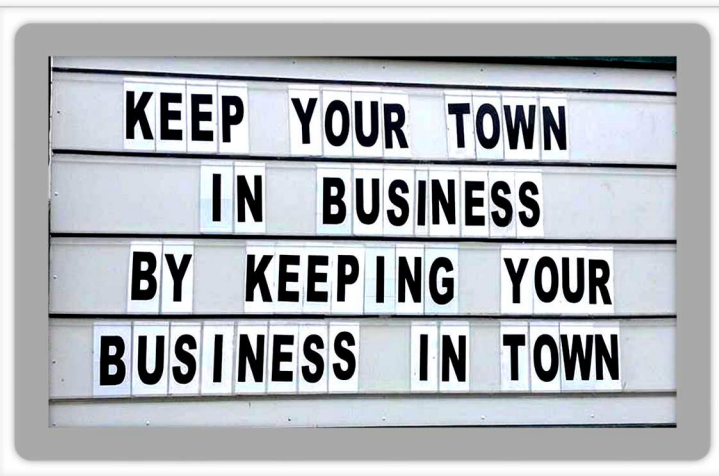
- Make excuses...or exercise excessively
- Start simply; have a medical checkup if obese or chronically ill
- Check out the awesome online video by Dr Mike Evans called: *23½ hours*

What’s the #1 excuse for not making changes: “I don’t have time!”

The reality is this: We have chosen to fill our time with activities and things of interest. If we continue to expend our energy on the non-essentials we’ll compromise the “life essentials”: we will deplete our health, impair our longevity and accelerate the disease and aging process.

All too often we are expended and completely spent far before our time and then the “I don’t have time” actually rings true. We have “run out of time” with a premature demise.

©Christine Gingerich “Be Well” Newsletter March 2008, Issue 6



Answers to word games from page 10

Word scrambles

1. Achieve
2. Victory
3. Conquest
4. Triumph
5. Attain

These are the four letter words that contain the word "ice"

bice	mice
dice	nice
fice	pice
iced	rice
ices	sice
lice	vice

The anagrams for the word below are:
bowel and elbow

Now, aren't you clever!!

HEART & STROKE FOUNDATION

February is "HEART MONTH"

In the month of February Canvassers for "Heart and Stroke Foundation" will be coming to your door to share the signs of a stroke and ask if you would be willing to give a donation to the "Heart and Stroke Foundation" to aid with Heart Research and Health Promotion.

When someone comes to your door, welcome them and give generously.

We need more canvassers in Baden (especially in the newer subdivisions, (e.g., behind the castle). If you would be able to donate about 4 hours of your time, it would be very much appreciated. Call or e-mail Sandra Roth at 519-634-8745 or sroth@sympatico.ca

Together we "Create More Survivors"

BADEN OUTLOOK

Keeping the Community Connected

www.peakrealestate.com
Independently Owned and Operated
90 Peel Street, Unit C
New Hamburg, Ontario N3A 1E3

Stephen Murray
Sales Representative

Cell: (519) 502-1962
Bus.: (519) 662-4900
Fax: (519) 662-4911
Email: srmurray@megawire.ca

Where Old Fashioned Friendliness is Still in Style!

St. Agatha Clothing Outlet

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

GOING SOUTH?

- ◆ Golf shirts, shorts and light weight jackets still available.
- ◆ Golf shirts \$15 or 2/\$25, Shorts \$20
Spring Jackets now \$30
- ◆ Ladies Hanes (pkg 6) underwear NOW \$5 ~ while quantities last
Boys and Girls pkg underwear NOW \$5
- ◆ All boys and girls single underwear 7pc/\$5
- ◆ ALL BOOKS NOW \$1 going quickly!
- ◆ All Leather Jackets \$80 reg- \$150
- ◆ All Parkhurst fashion coats NOW \$60 reg- \$100
- ◆ All Parkhurst sweaters NOW \$25
- ◆ Check out our sale racks NOW \$10 or 3/\$20

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

DENTISTRY

Zimmer DENTISTRY

Dr. Tyler Zimmer

Unit 3 – 10 Waterloo Street, New Hamburg
Tel. 519-662-3510
www.zimmerdentistry.ca



Dolman

Eyecare Centre

251 B (Back) Huron Street, New Hamburg

Evening appointments—New Patients Welcome

519-662-3340

Contact Lenses & Laser Consultations

www.eyecareforlife.optometry.net

Progressive care that can enhance your quality of life.

Recent balmy days may leave hatless humans rejoicing, but scientists say the wimpy winter could have some unpleasant consequences down the road for plants, animals and people alike.

All the comfy temperatures could make for some itchy ankles come summertime. Freezing weather typically kills off some insects, whereas in a mild winter, the bugs are free to be fruitful and multiply for winter months when they'd typically have to stay out of the way of harmful cold. Mosquitoes, fleas, and ticks could all be out in force far earlier than usual. If they can emerge early and the weather stays moderate, that gives them a longer time period to reproduce, so you might see populations getting large in early summer, instead of in late summer.

Despite that potential concern, another danger looms perhaps even larger. Plants start to grow in response to warmer temperatures. If plants begin to bud, casting off their winterized protections, and are suddenly hit by freezing temperatures, that often proves deadly for the future of that seasonal crop.

It's been questioned too how these milder winters affect our health. For the answer to this question I looked to the World Health Organization. WHO has published the "Atlas of Health and Climate" which provides sound scientific information on the connections between weather and climate and major health challenges. Climate related events with major health impacts include: heat waves, natural disasters such as floods, and changing patterns of life-threatening vector borne diseases such as malaria. You can check out the report here: <http://www.who.int/globalchange/publications/atlas/report/en/index.html>

The flip side of warm winters is that we can experience some hot summers and, according to the WHO report, heat waves can seriously affect health, causing heat stress and leading to increased death rates from heart and respiratory failure. This is especially true for those who are more vulnerable, like the elderly, chronically-ill, people working in exposed environments, and children. People with asthma are more burdened as well because pollen and other aeroallergen levels are also higher in extreme heat.

Another question of concern is whether the mild temps don't kill off diseases and viruses that flourish in warmer temperatures: will there be more illnesses and outbreaks of flus? Do we need a freeze time to kill of these bad organisms?

Lots to ponder! (Information collected from various sources regarding climate change.)



Where's Winter?



QUALITY SERVICE FOR 20 YEARS

- ONSITE AND IN-STORE SERVICE AVAILABLE
- NEW AND USED COMPUTERS FOR SALE
- VIRUS REMOVAL, MAINTENANCE, UPGRADES AND MORE!



73 Peel St, New Hamburg, 519-662-6720

"Keeping the Community Connected"

Respect | Competence | Enthusiasm | Confidence



PETER BENNINGER
REALTY, BROKERAGE
Independently Owned & Operated



BLANKA MICHALE
SALES REPRESENTATIVE

☎ 519.742.5800 2175
☎ 519.500.3316

Tuesday & Wednesday 9-6

**THURSDAY
& FRIDAY**

9-8

Saturday 9-5

CLOSED SUNDAYS
& MONDAYS

662-3000

info@murraysclothing.ca



Great Selections!



Fantastic Deals!

Winter
CLEARANCE

Up to ~

20-50% Off

*On all Men's & Women's
Fall & Winter Fashions*

**FOOTWEAR SAVINGS FOR THE WHOLE FAMILY
AT THE OLDE BRICK WALL SHOE DEPARTMENT!**

All Shoes / Handbags / Boots