

# BADEN OUTLOOK

~ Keeping the Community Connected with 3000 copies in circulation. ~



*Photo Courtesy of Marlene Knezevich*

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*Note that our  
 mailing address  
 has changed!*



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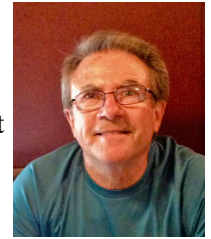
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## This paper is priceless - Please have one!

# Talking with Ed

## ~ *What I Learned by Reading*



About two years ago, I signed up for the Waterloo Region Library online book service. I was unsure at first whether I would like it or not, but by now there is no turning back—it's very convenient to pick a book and much easier to read it, in my opinion. I always struggled reading the inside pages of a book – it was okay if I stretched both ends but always worried I was going to ruin the book (especially a big book). Also, I do most of my reading at night and usually I am the last one to nod off, so this way I can read a book without the use of our bedside lamp. I like that the fonts and background light can be adjusted as needed, which is helpful as we age. Here is the real plus to me: 29,000 titles are available in a variety of categories, including up-to-date books. *Fire and Fury: Inside the Trump White House* was even listed. Couple that with the option to pre-book or extend the loan if it is available makes it quite easy. Audio books are also available – I ordered one by accident one time.

One book that I spotted on the new listing category was the *Lost City of the Monkey God* by Douglas Preston. Since the days of conquistador Hernán Cortés, rumours have circulated about a lost city of immense wealth hidden somewhere in the Honduran interior, called the White City or the Lost City of the Monkey God. Indigenous tribes speak of ancestors who fled there to escape the Spanish invaders, and they warn that anyone who enters this sacred city will fall ill and die. In 1940, swashbuckling journalist Theodore Morde returned from the rainforest with hundreds of artifacts and an electrifying story of having found the Lost City of the Monkey God, but he committed suicide without revealing its location.

This is the true story of a return to the ancient civilization and all of the challenges the explorers encountered, including Fer De Lance snakes, tarantulas, steady downpours of rain, virus infested mosquitos and sand flies, and mud. The site was massive and most of it had become overgrown by the jungle.

The book also touches on the history of indigenous peoples and the arrival of the Spanish. I had believed that the Spanish defeated the locals by advanced weaponry and fighting skills – but not so. As it turns out, disease that was transported across the ocean by the Europeans, wiped out many of the indigenous peoples. Smallpox was brought over in 1492 and ten years later the measles virus was introduced. It is estimated that an astounding 80 per cent of the native peoples had died because of these diseases.

I have always wondered how many people lived in the Americas before the Europeans, but that number is very hard to estimate. There have been two estimates of the population of the Americas as of 1492. Alfred Kroeber in 1934 had an estimate of 8.4 million, while Henry Dobyns

in 1966 had an estimate of 112.5 million peoples. See the chart below for a breakdown of the low and high populations in the Americas in 1492.

### Indigenous Population 1492

North of Rio Grande	– 900,000 to 12,250,000
Mexico	– 3,200,000 to 37,500,000
Central America	– 100,000 to 13,500,000
Andes	– 3,000,000 to 37,500,000
Lowland South America	– 1,000,000 to 11,250,000

The origin of smallpox is unknown. Smallpox is thought to date back to the Egyptian Empire around the 3<sup>rd</sup> century BCE (Before Common Era), based on a smallpox-like rash found on three mummies. The earliest written description of a disease that clearly resembles smallpox appeared in China in the 4<sup>th</sup> century CE (Common Era). A vaccine was created in 1959 to stop the spread of the disease.

In the 9<sup>th</sup> century, a Persian doctor published one of the first written accounts of measles disease. Francis Home, a Scottish physician, then demonstrated in 1757 that measles is caused by an infectious agent in the blood of patients. In 1912, measles became a nationally notifiable disease in the United States, requiring U.S. healthcare providers and laboratories to report all diagnosed cases. In the first decade of reporting, an average of 6,000 measles-related deaths were reported each year. A vaccine was created in 1963 for measles.

It was truly unfortunate that life in the Americas changed so much for our early ancestors. We should also feel thankful that there have been so many advancements in medicine. Happy reading. Until next month...Ed



## EXTRA EXTRA!!

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

The best things in life are free - like the bright sunshine in the blue sky on a cold winter morning...and this paper ~ Please Have One!



*Greetings from ~  
Outlook Headquarters*

*Happy New Year from our house to yours!*

This photo is with our son Mike and his daughters Gwen and Lily on Christmas Eve—Laura should be in the picture too but she took the photo.



Hello 2019! How nice to meet you. I think we are going to get along just fine and I can tell things will not be dull to say the least! I trust where you are taking us... so let's get on with it!

I hope you all had a wonderful Christmas and enjoyed your time with family and friends, visiting, eating, being festive, and cheerful. It's fun exchanging gifts, but as I get older I've come to realize that practical gift giving makes more sense than simply spending for the sake of a gift. More and more people are asking for experience gifts like dinner or theatre gift certificates to have an outing for those who can't always afford a night out. Also nice are those crafty folks who give a gift of their personal talents given from the heart (my kids always enjoy a jar of my home-made granola and a cookie plate). It's a tough rule to enforce but more than ever I see the importance of discarding some unnecessary things in my home as the new gifts I received will be needing that space. I can see that living in our home for over 38 years while raising our family has brought each little space full to capacity and now we have quite a job to do. How did I ever accumulate 6 large tubs of Christmas décor? This year I was quite scanty with the decorations, I can see much change happening.

There seem to be lots of new things happening in Baden, as you will see in this issue. We embrace and welcome a new business on main street, Snyder's Road East, the sweetest little coffee and craft market called The Nook. Stop by and say hello, enjoy a cup of coffee and home-made sweets and let them feel the Baden love—look for the bright green door! Also, if you have not been in the Baden Pharmasave lately, you will be surprised to see the expansion with the amazing space and new products. I stopped in there for my first flu shot and they were very kind as I moaned about having a needle and all my fears about getting sick after the flu shot. I felt blasé the next day but was up and running shortly after. Pop by there too and give them a high-five!



*Meet Amanda and Nada at The Nook, who are serving up good food in their cozy cafe and also for food on the go!*

There was no more room in the travel section, but I just had to sneak this great photo in of Mike Trotter with his kids on the beach on Christmas day—with both his Canadian flag and the Baden Outlook. Home is where the heart is with this bunch!



Mike Trotter holding the Baden Outlook with his kids, Chad, Kylie and Alex on Elbow Beach in Bermuda on Christmas Day. It was beautiful and warm with many people on the beach enjoying the day.

In this issue:

We are excited to have historian, Al Junker, share some local history for us. Al was born and raised in Wilmot Township and has been involved with the Historical Society for about 30 years.

Be sure to keep an eye on what's happening in the world of Mr. William Timlow on page 11 as his mysterious saga continues with more intrigue and....clues!

Of course you will find the usual silliness, a quiz and some interesting tidbits of philosophy to guide you into the New Year...if it applies to you, grab on to it!

*St. John Ambulance Therapy Dog Program Spreads Joy at Christmas Time and All Year Long*



Improving lives on a daily basis, the St. John Ambulance therapy dog program brings joy and comfort to the sick, lonely, and those who need a friendly visit. In hospitals, they may be providing relief and distraction for patients awaiting cancer treatments. There are special programs such as “Paws 4 Stories” which help young children learn to read. Therapy dogs also work with youth at risk and children with special needs. Next year, St. John Ambulance Therapy Dogs will be assisting Frontline Forward, a local organization where the mandate is to help educate, prevent, and manage symptoms from mental challenges related to occupational stress, specifically with first responders.



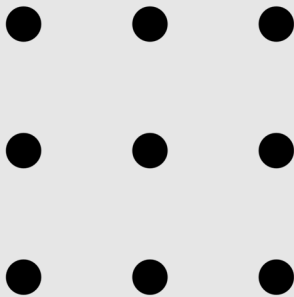
Baden resident Glen Mathers has two certified therapy dogs and they visit people in retirement homes every week. At Christmas time, the dogs are dressed for the season and pose with residents for the annual Santa Paws photo. The smiles on the faces of the residents tell you how much they appreciate the visit and cherish the picture they received the week of Christmas.



Volunteers in the K-W St. John Ambulance Therapy Dog program have been spreading joy in the Region for over 25 years. Visitation requests continue to rise and are beyond the capacity of the current 75 dog/handler teams. More dogs will be certified in 2019 to address the growing demand.

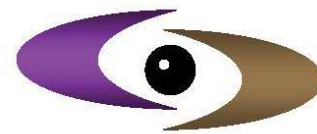
More volunteers are needed; to learn more about the program or to make a tax deductible donation please send an email to [kw.sja.therapydogs@gmail.com](mailto:kw.sja.therapydogs@gmail.com).

*Here is something to wake you up and stimulate your brain. Connect all nine dots with only four straight strokes without raising the pencil from the paper!*



*the pencil from the paper!*


*The answer is on page 15*



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Now that the cooler weather is here, people often talk about feeling the cold in their bones. Like us, cats and dogs can feel the cold as well and chronic pain like arthritis can be more pronounced. People tend to recognize arthritis issues in dogs, but often overlook that their kitty may also be suffering from arthritis.

Cats are different from dogs in a lot of ways. These differences are also seen in how they feel and handle pain and how they show signs of arthritis as well. In dogs we commonly see limping/lameness, joint thickening, becoming stiff, and even vocalizing in pain with arthritis. Cats rarely limp even with severe arthritis. They often do not show any obvious signs of pain. Frequently, the only real signs we see are that our feline friends are less active or we feel that they are getting old.

If you care for a senior cat, some questions you could ask yourself are:

- 1) Is your cat less willing to jump up or down from furniture, or only go half way up cat towers?
- 2) Is your cat finding it difficult to use the litter tray or having more accidents?

- 3) Does your cat take longer or struggle to get up and down stairs?
- 4) Has your cat recently changed its walking pattern or the way it sits or lies down?
- 5) Overall is your cat less playful or less agile?
- 6) Does your cat have issues grooming or is it over grooming certain areas or joints?

There are many ways we can help our senior felines cope with their arthritis. Joint supplements, anti-inflammatories, pain medications, monthly injections that support the joint cartilage, and therapeutic laser treatments can all be utilized in their therapeutic plan.

Other strategies that can help include things like providing steps/ramps to window sills or furniture that your cat enjoys sitting on, deep soft beds without an edge, and "open" litter trays that your cat can walk straight into. Sometimes elevating feed and water bowls can also help. The other important thing is to keep your cat at a healthy weight. Less weight means less stress on bones and joints.

If you have any concerns regarding the possibility of arthritis in your senior, please contact your veterinarian and discuss all the potential ways to get a bit more pep in your kitty's step!

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# Baden ~ Our Town

Wow – Wasn't that a great party?! The Baden Community Association had another sold out event at their New Year's Kids Party which was held at and supported by the Baden Hotel. The phone rang off the hook on the day before New Year's Day as many scrambled to get tickets! The Baden Hotel did a fantastic job providing the meal consisting of chicken, assorted pastas, Caesar salad, garlic bread, and cake and cupcakes. There were plenty of door prizes and lots of happy children! Erick Traplin again provided the energetic and engaging entertainment for the youngsters who danced their way into the countdown with a shower of balloons falling from above.



The BCA is now preparing for their event on Family Day at the Wilmot Recreation Centre with a free skate and swim hosted courtesy of Mike Harris and the Township of Wilmot. Upstairs there will be free snacks, popcorn, refreshments, and Doris the clown for face painting along with other kids' activities. Take the time to get your family out to this event and to mingle with their neighbours—and celebrate Family Day!

The BCA meet on the last Wednesday of the month at the township hall at 7 pm. You are always welcome to join in the fun!!



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# Checking out the Baden Library



**NEW! Mobile Hotspot Lending Program:** Use your library card to borrow the internet and take it with you! The Region of Waterloo Library is excited to offer portable internet hotspots to our library members. Borrow the internet from the library for up to one week at a time, and use it with any Wi-Fi enabled smartphones, tablets or other devices. This service is available to anyone 16 years or older with a valid Region of Waterloo Library card. Anyone borrowing the internet from the library is required to follow the Terms and Conditions, as well as accept RWL's Internet Use Agreement: Hotspots. Learn more about borrowing the internet from the library, or place a hold, at [rwlibrary.ca](http://rwlibrary.ca). The Region of Waterloo Library thanks CDW Canada for making the Mobile Hotspot Lending Program possible.

## Free Computer Help

Did you get a new computer, tablet or smartphone over the holidays? The library offers free, one-on-one computer training sessions. Reserve your spot by registering online or calling the Baden branch at 519-634-8933. Appointments are available Tuesdays from 10 a.m. to 3 p.m., on January 15, January 29, February 19 and March 5.

## Baden Book Club at EJ's

Adults are invited to join Jen Cyr, Coordinator of Library Collections, the third Tuesday of each month from 6:30 to 7:30 p.m. at EJ's Tavern and Restaurant in the Baden Hotel. The next meeting is January 15 and we will be discussing **The Westing Game** by Ellen Raskin. Treat yourself to a beverage or food item and contribute to the conversation regarding the selected book. Registration is on-going throughout the year and copies of the book are available at the Baden branch.

## Let's Read!

The book **Even Superheroes Have Bad Days** by Shelly Becker is the Waterloo Region 2018-19 Let's Read book selection. Borrow a copy of the book or read it at the

library during your next visit. Give the Superhero scavenger hunt a try! Can you find the superheroes from the story hidden in the library? Enter the draw for a chance to win a copy of the book. Draw closes January 26.

## Family Literacy Day

Drop by the Baden branch on January 26 at 10:30 AM for a special Family Storytime to celebrate Family Literacy Day. We'll celebrate again on Sunday, January 27 from 10 a.m. to 4 p.m. at Conestoga Mall. Join us there for lots of fun, free activities, and music by Erick Traplin.

## Magazine Sale

You still have time to check out the annual library magazine sale. Previously enjoyed magazines are 25 cents each or 5 for \$1. Sale ends January 31.

Visit the calendar at [rwlibrary.ca](http://rwlibrary.ca) for more information or contact the branch at 519-634-8933 or [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca).

*Chris Baechler, Assistant Supervisor --Baden Branch*



*The New Hamburg Firebirds joined fans of all ages at the Baden Library on Nov. 28 for an evening of stories, games, and fun activities!*

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## You Must Be Joking!!



ATTENTION : Please be aware of this e-mail virus going around. Even the most advanced programs from Norton or McAfee cannot take care of this one. It appears to affect those who were born prior to 1955 and we need support.

### SYMPTOMS:

1. Causes you to send the same e-mail twice. *Darn!*
2. Causes you to send a blank e-mail! *That too!*
3. Causes you to send e-mail to the wrong person. *Yep!*
4. Causes you to send it back to the person who sent it to you. *Aha!*
5. Causes you to forget to attach the attachment. ?
6. Causes you to hit "SEND" before you've finished. *Oh, no not again!*
7. Causes you to hit "DELETE" instead of "SEND." *And I just hate that!*
8. Causes you to hit "SEND" when you should "DELETE." *How odd!*

IT'S CALLED THE "C-NILE VIRUS."  
Who can you call to solve this one?



Submitted by Bob Smith

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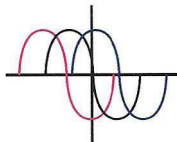
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## Baden Birding ~ Double-crested Cormorant By Fraser Gibson



If you frequent any of the Great Lakes or even nearby reservoirs, you are likely to see a Double-crested Cormorant (DCCO), a large black bird with a snake-like neck. In flight, these birds may be seen in a long single line, flying just above the water's surface. On lakes, these heavy birds may be seen swimming very low in the water with only the neck and head showing. During breeding season, a tuft of dark feathers grows above each eye giving the DCCO its name. These crests or tufts are difficult to see and are present only during breeding season.



Photos:allaboutbirds.com



The cormorant eats small fish almost exclusively, which it catches by diving from the lake surface. It chases down prey by propelling itself with its powerful webbed feet. Unlike the familiar webbing between the three front toes of ducks and geese, all 4 toes of the DCCO are joined by webbing, giving it superior propulsion beneath the water surface. The long beak is tipped with a hook on the upper mandible which helps catch slippery fish. The DCCO's outer feathers do not shed water like those of ducks and geese. These contour feathers are absorbent and less buoyant, which makes diving more efficient. An inner insulating layer of feathers keeps the bird warm. Cormorants have comparatively heavy, solid bones, making it easier for them to sink in water. On hot summer days they may be seen mouths open and throat fluttering, a technique they use to move air across throat tissues in an effort to regulate body temperature. Cormorants spend a larger part of their day resting rather than fishing. While relaxing, they often stand, backs to the sun with their wings outstretched, drying their soaked outer feathers.

The DCCO is a relative newcomer to this part of Ontario, first nesting in Lake Ontario in the late 1930s. Since then they have been blamed for low fish numbers and therefore persecuted. They also experienced reproductive failure due to pesticides such as DDT. As a result, they were rarely seen in this region. Since banning DDT and its related

pesticides in the 1970s, the DCCO has experienced a tremendous population increase. They now breed abundantly on islands in all of the Great Lakes and some inland lakes.

DCCO typically form nesting colonies, often with other bird species, in clumps of trees adjacent to water. They return to the same nesting areas year after year, where after 7 to 10 years the accumulating guano kills the trees. When this happens the cormorants may begin nesting on the ground.

Controversy has recently surrounded this species. The Ontario government says it is responding to concerns expressed by commercial fishers and property owners about declining fish populations and impacts on island forest habitats. As a result, the government is proposing to declare the DCCO a game bird and institute a hunting season from March 15 to December 31 each year. Unlike other game birds, cormorants are inedible, so hunters will be allowed to let the bodies spoil. The plan, as proposed, would allow each hunter to shoot 50 birds a day every day of the season. Although DCCO are opportunistic hunters, research indicates that the majority of their diet consists of fish of no interest to humans and the fish species they eat are not a main food source for species such as trout and salmon. The Ontario Ministry of Natural Resources and Forestry predicts the hunting season will have a neutral impact on both the environment and economy.

Even the Common Loon, written about last month, was at one time hunted. Perhaps because of its lower numbers and more remote habitat, it has become an icon of the Canadian wilderness. Unfortunately for the DCCO, its population has grown significantly over the past sixty years and it has chosen to live near large human populations. As a result a hunting season is proposed. We will wait a few more months before we know what the future holds for this unfortunate, unpopular and persecuted species.

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-Robert Wilson Lynd



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## Entry #2 - The Legend of Jakob Schatz

Hopefully by now you've heard, but if you haven't, that's fine! The Wilmot Key Quest starts in spring two-zero-one-nine!



Last month we announced the event, and this month we want to bring you the backstory that will set the stage for the quest ahead - but first - here's a refresher of the **most important information** thus far:

1. There will be a **real life treasure hunt** spanning several weeks in Wilmot Township running April 29– May 19 **this coming spring**. Participants will solve **daily clues** that lead to the hidden treasure
2. The winner(s) will receive a **sizeable cash prize**
3. You, your friends, and your family can participate - whether you live in Wilmot Township or not. The hunt is **open to everyone**
4. There is **no cost** to participate
5. Visiting, liking, sharing, and following the Facebook page is a great way to keep track of the story, and keep up to date with information about the Quest:

[www.facebook.com/WilmotKeyQuest](http://www.facebook.com/WilmotKeyQuest)

So without further ado we ask...

Have you heard the legend of Jakob Schatz? Most claim the story is mere fantasy, but who can say for sure?

The first records of Schatz' presence in Wilmot indicate that he arrived sometime in the summer of 1952. According to what little information we have (notes collected from a few of his surviving journals and rumours passed down through generations), he was a skilled outdoorsman, craftsman, and a lover of all things unusual and paranormal - drawn to the area by tales of a *mysterious monster lurking in the Nith River*.

Schatz quickly became a known figure in the local community. An unusual and eccentric man living alone in the bush, he was said to be surprisingly friendly and kind. More than that, the furniture he crafted was of the highest quality - unique and full of character. Wealthy townspeople were proud to adorn their homes with a 'Schatz original' in those days. When he wasn't in his workshop, Jakob could often be spotted combing the banks of the Nith River, or trekking through the bush... always focused, taking notes, and muttering to himself.

As the years passed, and well after most reasonable people had dismissed the Nith River Monster as a hoax, Jakob only seemed to intensify his search. His workshop grew dusty and dim, and his beard grew long. Rumours spread that he had lost his mind, and by the turn of the decade in 1960, Jakob Schatz had all but faded into myth and obscurity. He was last seen leaving his forest cabin in the spring of 1959 and was never seen in the area again. His cabin and workshop sat empty for decades until they were demolished in recent years.

No one knows for sure what happened, although many have speculated. All we have to go on are the words of his recently discovered journal entries:

"April 29, 1963 - 23:30

Yes, yes, yes! I've found it - the entrance. I'm here! There's no denying it now, the monster, the treasure... this is it: her lair. It has to be...

Just a little farther now.

I should have enough lantern fuel to last me 'til morning...

J. Schatz"

To Be Continued Next Month...

Don't worry... specifics on how to get the clues, prize amounts, and more will be coming in the months ahead. **Just be sure to pick up each month's copy of the Baden Outlook for up to date information** - you will not want to miss out on this! Past entries are available on [facebook.com/WilmotKeyQuest](http://facebook.com/WilmotKeyQuest) or [badenoutlook.com](http://badenoutlook.com).



*Good luck, stay tuned, and happy hunting!*

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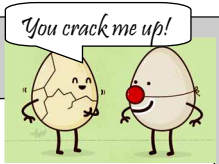
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# LET'S HAVE A LITTLE PUN!



## WHO IS THIS? (OLD CARTOONS)

- A. An old 'rock' group known for their 'animated' performances.  
 B. Their family car needed to be 'toe-d' to keep it 'running'.  
 C. Their daughter sounds like a real 'chip off the old block'.
- A. When trouble was brewing he would go to the 'can'.  
 B. His Sweetpea was a cute little specimen.  
 C. He loved to 'cook' with 'Olive Oyl'.
- A. He used a shotgun to hunt 'Bugs'.  
 B. This 'Fuddy Duddy' was 'drawn' to people.  
 C. He wanted to have a real 'blast' with a 'Bunny'.
- A. The Queen had an un-'fair' 'image' of her.  
 B. She found security in the company of 'small men'.  
 C. She enjoyed having the 'men at work' 'whistle' at her.
- A. He looks tough, but he's a 'real doll'.  
 B. This soldier 'toys' with children's affections.  
 C. His popularity has proved he's no ordinary 'Joe'.



The answers are on page 15

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{ Three simple rules in life }

1. If you do not GO after what you want, you'll never have it.
2. If you do not ASK, the answer will always be NO.
3. If you do not step forward, you'll always be in the same place.

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Please open your mind and be kind to slow drivers this winter. You never know who is behind the wheel.



- ◆ That driver you're tailgating could be a 16/17 year old driving home from work or school through her first winter.
- ◆ That driver could be a pregnant woman who is fearful for her life and her unborn child.
- ◆ That driver could be a senior going to the doctor.
- ◆ That driver could be a parent with a precious child on board.
- ◆ That driver could be on his way home from working a double shift to be able to afford new snow tires.
- ◆ That driver could be emotionally recovering from a previous bad accident.

Please use kindness and be considerate of others while driving!

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

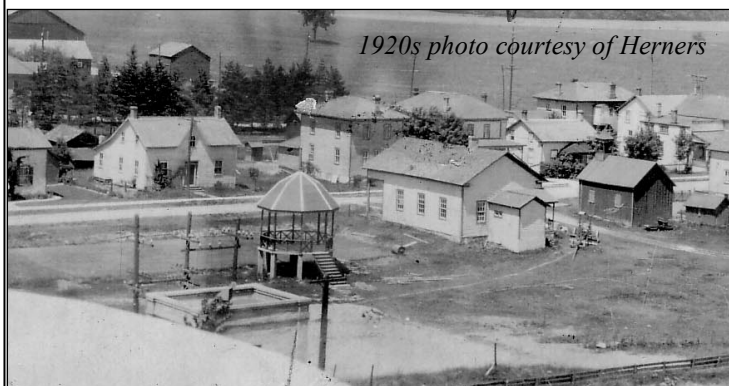


## Ask Armand ~



John from New Hamburg asks – I really enjoy the New Hamburg concert band and know it has a long history, and I wonder if Baden ever had a concert band.

Armand says – Great question John! Baden indeed had a concert band. It was formed about 1880 by James Livingston, and Noah Zoeller who was also a member of the Waterloo Concert Band. Practices were held on the third floor of the Baden Hotel (EJ's). The group played summer concerts at a band shell which was located close to the Wilmot Senior's Wood Working Shop on Beck Street. The Baden Band was disbanded in 1923 and the band shell was torn down in 1965 to make way for the Centennial Township Hall. A replica of the band shell was built behind the fountain between the castle and Tim Hortons.



*1920s photo courtesy of Hernalers*

The Baden Musical Society Band was a group of 18 to 19 older men including the likes of Joe and Roger Weiler - they were a sit down band. Wayne Roth, Wilmot's previous Mayor, at age 14 joined the band in 1954. There was no program in place for youth to study music but fortunately Wayne had learned music at Banting High School the year before. In 1958 Wayne became Band Master and 1959 he was promoted to Band Director.

The band went through several transitions. In 1962 they changed their name and mission to the Baden Marching Band. Wayne, Richard Gingerich, and Blain Bechthold were the driving forces behind the band which had a colour guard, drum core, and musicians. In 1963 to 1964 they merged with the Plattsville band to become the Plattsville - Baden Buccaneers. At some events they had as many as 38 performers in the band. The bands over the last

ten years changed their uniforms three times. They had two small grants from groups, but most of their monies came from their own fundraising. The band eventually disbanded in 1969.

Baden Musical Society - July 22, 1923




Back row l-r: H. Futher, B. Fisher, J. Weiler, P. Curry, J.U. Stiefelmeyer, B. Bechtel, N. Schmidt, B. Kriesel, E. Rittinger. Centre row l-r: J. Hammer, C. Miller, A. Wagler (V.Pres.) H. Brodhecker-Bandmaster, H. Smith-Secretary, H. Weiler, C. Brodhecker, O. Reiha. Front row l-r: M. Wagler, C. Leiskau, H. Miller, C. Leiskau, E. Sutter, W. Nauman

## Baden Outlook Hockey Stats

Adults Pool			Kids Pool		
Place	Name	PTS	Place	Name	PTS
1	Shane Rooney	592	1	Cooper Hill	521
2	Paul Koenig	573	2	Xavier Kasper	520
3	C J Eagleson	571	3	Ryan Boronka	515
4	Janet Knechtel	569	4	Tyson Ruston	510
5	Jesse Heibein	566	5	Aidan Miles	509
6	Lois Kinney	564	T6	Dallas Egli	507
7	Rick Hazelwood	555	T6	Calvin Linthorne	507
8	Ryan Hadley	552	8	Zak Kasper	504
9	Timothy Gowland	551	9	Benjamin Linthorne	498
10	Derek Heimpel	550	T10	Joel Miller	497
11	Charlie Baumbach	549	T10	Hayden Jack	497
12	Mitchell Dietrich	547	12	Aiden Kooy	495
13	Ian Kropf	544	13	Waylon Herlick	494
14	Greg Morrison	543	14	Trent Deckert	492
T15	Frank Cleary	541	15	Easton Waechter	490
T15	Norm Ullman	541	T16	Hudson Waechter	489
T17	Derek Leis	539	T16	Jayse Londry	489
T17	Bryan Pfaff	539	T18	Brooklin Hill	486
T19	Steve Roth	538	T18	Reese Faulhafer	486
T19	Papa Bob	538	T18	Ronan Bastias	486
T21	Howie Meeker	537	21	Nathan Smith	485
T21	Wm. Albrecht	537	22	Ryan Cutting	484
23	Amanda Travers	536	23	Simon Marr	483
24	Ellie Schmidt	535	24	Keaton Herlick	482
25	Joyce Leis	534	25	Colby Ryan	477
T26	Geordy Fournier	533	T26	Dez Kaspar	476
T26	Michael Vitello	533	T26	Evan Bizony	476
T26	Jay Londry	533	T28	Jack Papa	473
T29	Devo Weatherby	531	T28	Tessa Whitelaw	473
T29	Yvonne Van Every	531	30	Lauryn Porchak	472

**Congratulations to Paul Koenig for taking the Adult Leader Prize for this month's Hockey Pool, winning a gift certificate from Baden Hotel**  
**Congratulations to Xavier Kasper who took the leader prize for the Kids Pool winning a gift certificate to New Hamburg Lanes**  
 (Sorry Shane and Cooper, but remember you can only win the monthly leader prize once.)




 Hello sports fans! Thanks for playing hockey with us! There are 358 adults and 72 kids competing in this season's hockey pool.  
 The stats are pulled on the 7th of each month. To view your stats simply visit our website at [www.badenoutlook.com](http://www.badenoutlook.com) and select "sports pools". For the adult pool type in pool ID: outlookhockey and for the kids pool type in outlookkids . The passwords are : *guest*.  
 Have Fun and Good Luck!




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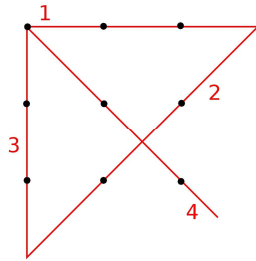
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### Answers to Having Fun! (from page 12)

1. The Flintstones
2. Popeye
3. Elmer Fudd
4. Snow White
5. G.I. Joe

### Answer to dot puzzle from page 4



### LIFE \*

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# TREASURES FROM THE ATTIC

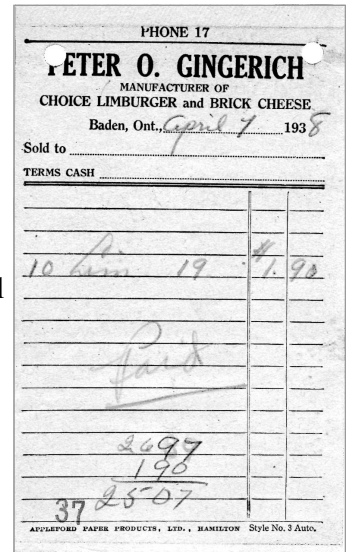
By Al Junker



Recently, I was approached to do a presentation at church about who I am and from where I came. I questioned why anyone would be interested in my story, but I agreed anyway and decided it might be interesting to illustrate the presentation with some ephemera – old photos, letters, journals, invoices, postcards, etc. So I went to my mother’s boxes which had been given to me due to my fascination with all things historical. This material has travelled from a farm in North Easthope, to New Hamburg, Grand Bend, Exeter, and now to New Dundee; previously the items were stored in the attic at many of these locations.

Inside the boxes I found lots of treasures which spoke about life in rural Ontario from around 1890 to 1940. Some would call it junk; however, I’m sure many of us know of people who are the guardians of the family’s paraphernalia. But wait a minute. Is this stuff valuable? To an individual interested in family history or the history of the community it certainly is, and believe it or not, there are many people who collect this “stuff” and pay money for it. I know, I’m one of them. Of the myriad of boxes in my house, I found some items from Baden including invoices from The Baden Meat Market,

Ed Rieck proprietor, from 1939 and from cheese maker Peter O. Gingrich from 1938. Gingrich’s business later went on to become Baden Cheese. Interesting to note are the phone numbers. A real “gem” is this early postcard from J. Weiler Cigar Box Mfg. in Baden dated June 28<sup>th</sup>, 1889 where labels from Howell Lithographic in Hamilton were ordered. The postmarks show that it took one day in 1889 for this postcard to travel from Baden to Hamilton.



All of this begs the question, what does one do with this material when it is no longer wanted? If thrown out or recycled, it is gone forever. Instead of placing it in your blue box or shredding it, consider “recycling” it by donating it to a local archive or museum. Two options are to contact the Sir Adam Beck Archive, located at Castle Kilbride or the Waterloo Historical Society whose collection is housed at the Kitchener Public Library and ask if they are interested in it. Other archives exist in Waterloo Region and Perth County as well. If you are downsizing, consider asking your relatives if any of them would like your historical treasures. You may not be aware of someone in your extended family who is a history nut. Scanning documents and photos of larger items onto a hard drive is also a possibility but make sure to make a backup. (There are many downsides to this idea as technology changes quickly and some can be hacked or stolen.) Of course, you could always sell it at an auction or a nostalgia/collectible show or take pictures and/or scan the material and upload them to Kijiji. At least then your history will not disappear and future historians and genealogists will be able to access it. Happy sorting!

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*You Must Be Joking!!*



Office Humour ~

A young executive was leaving the office late one evening when he found the CEO standing in front of the shredder with a piece of paper in his hand.



"Listen," said the CEO, "this is a very sensitive and important document here, and my secretary has gone for the night. Can you make this thing work?"

"Certainly sir," said the young executive. He turned the machine on, inserted the paper, and pressed the start button.

"Excellent, excellent!" said the CEO as his paper disappeared inside the machine. "Thanks, I just need one copy."



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



The Dubrick family went on vacation to Kissimmee, Florida to Fantasy World Resort and brought the *Baden Outlook* along for the fun.



Friends, Clayt Knarr, Bruce and Barb Schumm, and Nelson and Marilyn Dusky went on a journey with the *Baden Outlook* in Holguin province, Cuba at Oderico Galzdilla school, classes from kindergarten to grade 6, with total of 42 student and teachers. Located in El Limpio De Canadon, Banes municipality. They went to the school to deliver school supplies, shoes, clothing, and some teaching aids for the teachers. This school is in a very remote area and they had to walk about 2 km to get there. Photo was taken in front of the school.

Brian and Irene Allison cruised from Los Angeles to Brisbane, Australia and one of the many ports of call was the beautiful island of Bora Bora in French Polynesia.



Pam and Jennifer Young took the *Baden Outlook* along with them when visiting family in Kelowna BC and traveling through the Rocky Mountains. Thanks for the great memories Cam and gang!

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Jesse, Valerie, Christian, Madelyn, and Isaac Schwartzentruber spent two weeks in Ireland and Germany. They got their picture with the Outlook at Newgrange in Ireland. Built in 3200 BC, it is older than both Stonehenge and the Egyptian pyramids. The inside receives sunlight only once a year for 17 minutes at the Winter Solstice.



Deb Vinski keeps her Baden Outlook safe in police custody with Dairon of the P.N.R. (Police of the National Revolution) while she's on vacation in Veradero, Cuba.

Dan and Fran Moriarty took this photo with the Baden Outlook near the little town of "Hell" on the Cayman Islands, one stop on their 6 island Caribbean cruise with their grand daughter Karlie, who loved her first cruise.



A group from Morningside (and a few extra friends) took the Baden Outlook along on a Danube River Cruise from Budapest, Hungary to Nuremburg, Germany.



Keith and Saundy Bast took the Baden Outlook along on a 10 day cruise from New York City to Bermuda.

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Happy 2019, folks! As we reset to a normal routine after our holiday celebrations, it is common to think about new year's resolutions. Do you have a few in mind? Perhaps you are hoping to start a new hobby, are committing to spending more time with friends and family, or are looking to start a new diet and lose some weight.

If weight loss is your focus, consider taking a non-diet approach this year. Weight is complex. And weight is often associated with poor health. But it is so important to understand that health comes in all shapes and sizes. The lifestyle we live, including our eating choices, our level of activity, and our sleeping habits, has a direct impact of our overall health, regardless of whether we lose weight. Also, weight loss is not as simple as "energy-in and energy-out". Weight can be affected by many factors, including those that are out of our control, like age, health conditions, certain medications, and genetics.

So why a non-diet approach? While short-term weight loss plans may sound promising and may result in some quick weight loss, it is often challenging to keep that weight off for the long term. This can be because the diet plan restricts many foods that you enjoy in your regular diet, or it requires an unrealistic amount of exercise that cannot be sustained over time. In shifting the focus away from weight loss, and adopting a non-diet approach, you are committing to making small, practical lifestyle changes over time. Results are no longer about a number on a scale, but rather about how the healthy changes have improved overall health. Are you sleeping better? Do you have more energy? Has your blood pressure improved? In using a non-diet approach, you are likely to lose weight, maintain that loss over time, and achieve a healthy lifestyle that fits you.

Let's celebrate our bodies this year! This Chicken and Sweet Potato Curry is the perfect mix of sweetness and spice to nourish your body during the winter months. Make it milder by using mild curry powder, or spicier by using hot.

### Chicken and Sweet Potato Curry

#### Ingredients:


- 2 tbsp (25 mL) Olive oil
- 1 pkg (about 430 g) Boneless, skinless chicken breasts, cut in chunks
- 1/4 tsp (1 mL) Salt
- 1/8 tsp (0.5 mL) Freshly ground black pepper
- 1/2 cup (125 mL) All-purpose flour
- 2 White onions, chopped
- 1/4 cup (50 mL) Ginger root, minced
- 4 Cloves garlic, minced
- 1 Large sweet potato, peeled and cut in chunks
- 1 Carrot, cut in chunks
- 4 tsp (20 mL) Curry powder
- 1 pkg (900 mL) Chicken Broth
- 1 pkg (300 g) Frozen chopped spinach, thawed and squeezed dry
- 2 tbsp (25 mL) Honey

#### Directions:

In large saucepan, heat half of oil over medium heat. Sprinkle chicken pieces with salt and pepper. Dredge in flour. Add to pan; cook until browned, about 2 to 4 minutes per side. Transfer to a plate. Discard remaining flour. Add remaining oil to pan; cook onions, ginger and garlic over medium heat, stirring occasionally, for 4 to 6 minutes or until softened. Add sweet potato, carrot and curry powder; stir to coat. Stir in chicken broth. Bring to a boil. Reduce heat to medium; simmer uncovered for 15 to 20 minutes or until sweet potatoes and carrots are almost tender. Stir in chicken; simmer another 5 to 10 minutes or until chicken is cooked through and vegetables are easily pierced with a fork. Stir in spinach and honey; cook until heated through. Serve with brown rice, if desired. Serves 6

Recipe source: pc.ca

Per serving: 310 calories; 6g fat (1.3 saturated fat); 250mg sodium; 45g carbohydrate; 6g fibre; 23g protein



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------------------------------------------------------------------------	---------------------------------------------------------------------------



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### Approximate Township Population Information

	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Baden	4,003	4,223	4,402	4,553	4,653	4,742	4,935	4,996	5,005	5,013	5,030
Foxboro Green	430	430	430	430	430	430	430	430	430	430	430
Haysville	129	129	129	129	129	129	129	129	129	129	129
Lisbon	61	61	61	61	61	61	61	61	61	64	64
Luxemburg	27	27	27	27	27	27	27	27	27	27	27
Mannheim	1,071	1,071	1,071	1,067	1,067	1,071	1,071	1,071	1,071	1,071	1,071
New Dundee	1,214	1,214	1,214	1,217	1,220	1,223	1,223	1,229	1,226	1,226	1,235
New Hamburg	7,176	7,387	7,664	7,930	8,084	8,241	8,332	8,421	8,583	8,844	9,014
Petersburg	406	406	406	406	406	406	409	409	409	409	409
Philipsburg	80	80	80	80	80	80	80	80	80	83	83
Shingletown	113	113	113	113	113	113	113	113	113	113	113
St. Agatha	624	624	624	624	624	624	624	627	627	627	627
Sunfish Lake	13	13	13	13	13	13	13	13	13	13	13
Wilmot Centre	55	55	55	55	55	55	55	59	59	62	62
Non-Settlement	3,312	3,318	3,333	3,330	3,324	3,327	3,327	3,318	3,318	3,318	3,336
<b>Township</b>	<b>18,713</b>	<b>19,151</b>	<b>19,621</b>	<b>20,035</b>	<b>20,286</b>	<b>20,541</b>	<b>20,828</b>	<b>20,982</b>	<b>21,151</b>	<b>21,429</b>	<b>21,643</b>

December 31, 2018: Township of Wilmot Development Services

## You Must Be Joking!!



### THE GLOBAL RECESSION

We may have all overspent last year and the recession has hit everybody really hard.

- ⇒ My neighbour got a pre-declined credit card in the mail.
- ⇒ CEOs are now playing miniature golf.
- ⇒ If the bank returns your cheque marked "Insufficient Funds," you call them and ask if they meant you or them.
- ⇒ McDonald's is selling the 1/4 ounce.
- ⇒ Parents in Beverly Hills fired their nannies and learned their children's names.
- ⇒ My cousin had an exorcism but couldn't afford to pay for it, and they re-possessed her!
- ⇒ A picture is now only worth 200 words.

*Submitted by Bruce Bousher*



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## TRANSFORMING LEFTOVERS

By Diana Sutherland, Zehrs In-Store Registered Dietitian

According to Love Food Hate Waste campaign, Canadian households contribute almost half the food waste in Canada. They state that on average, wasted food costs a Canadian household over \$1,100 per year and that over 60 per cent of household food waste is avoidable. One of the reasons avoidable food waste occurs is because of cooking too much. Not sure what to do with leftover food? Here are some tips to help reinvent leftovers to create new dishes. Some of these ideas are especially common around the holidays.

**Don't leave your bread for dead.** If you have bread that's drying out, a simple way to give it new life and use it up is to make homemade croutons! Or, another great option is to make your own breadcrumbs to use as a crispy topping or binder for meatballs and burgers. For a sweet option, try using stale bread for bread puddings and French toasts – it will soak up all the flavour without turning to mush.

**Veg it out.** For parents who struggle to get the kids to eat vegetables, try blending cooked vegetables to a pulp and adding it to a pasta sauce. They won't see the vegetables and will gobble up the sauce. If you have extra roasted vegetables on hand, repurpose them into a hash, omelette or even a frittata.

**Keep the hot potato.** For a savoury spin on a classic breakfast items, try using leftover mashed potatoes to make pancakes and waffles. They make a perfect post-holiday feast brunch the next day. Additionally, use up leftover mashed potatoes in Shepherd's pie or potato soup.

**Gobble it up.** Turkey sandwiches are a common post-Christmas meal, but you can also use leftover turkey in quesadillas, grilled cheeses or tacos. It's also a great addition to salads, grain bowls, or pasta for some extra flavour and lean protein. With the colder weather, consider adding cooked turkey to soups, stews, and chilis for a hearty and warming meal.

**Stock up.** Keep vegetable scraps including peelings, stalks and leaves to make vegetable stock. Onions, carrots, celery and garlic provide a base and you can in add other leftover vegetable scraps. Collect and store any scraps in a large resealable bag and keep it in the freezer until needed. Bones from the turkey can be used for stock as well. Boil turkey bones with the vegetables scraps for a turkey broth that can be frozen for up to three months.

With a little creativity, you can reduce food waste and make sure leftovers have a fresh spin.



### Open House & Free Introductory Class

Mon., January 14, 2019 1 - 3 pm  
Wilmot Rec Centre

Wed., January 16, 2019 7 - 9 pm  
St. Georges Anglican Church, New Hamburg

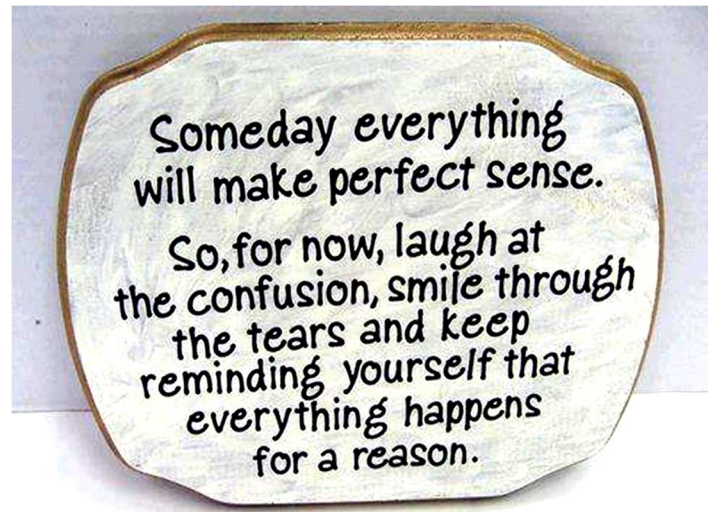
Contact: 519-272-1886

**Beginners welcome**



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# Community Corner ~ Check Out What's Going On!



**YOU HAVE THE POWER  
TO GIVE LIFE**  
Donate blood and join the movement today.



**Canadian  
Blood  
Services**

## Blood Donor Clinic

Monday, January 21, 5 pm - 8 pm  
Steinmann Mennonite Church  
1316 Snyder's Road W., Baden

## 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](mailto:marlene.brenneman@gmail.com)



## Wilmot Family Resource Centre

### FAMILY VIOLENCE PREVENTION PROGRAM

There are many ways a person can abuse. Abuse is about intimidation and control and comes in many forms.

- ◆ PHYSICAL ABUSE
- ◆ SEXUAL ABUSE
- ◆ VERBAL ABUSE
- ◆ EMOTIONAL ABUSE
- ◆ FINANCIAL ABUSE



*If you are experiencing any form of abuse and would like help, contact Kelly at Wilmot Family Resource Centre Family Violence Prevention Program*

[kelly@wilmotfamilyresourcecentre.ca](mailto:kelly@wilmotfamilyresourcecentre.ca) / 519 662-2731

"FREE Family Day Open House at Hidden Acres Mennonite Camp! Come join us on February 18th, 2019 from 10:00 am - 3:30 pm for lots of indoor and outdoor fun such as pretzel-making, crafts, games, sledding, campfire and more! (some activities are weather dependent) Please bring your own outdoor equipment. Enjoy a hot lunch for \$3 or bring a bagged lunch. RSVP to [info@hiddenacres.ca](mailto:info@hiddenacres.ca) or 519-625-8602.

Visit [www.hiddenacres.ca](http://www.hiddenacres.ca) for more information. Our address is 1921 Line 37 New Hamburg.

## NITH VALLEY ECOBOOSTERS

Are you interested in climate change and other global environmental issues? **Help us make a difference in our community by getting involved and taking action on one or more local environmental concerns.** Our next monthly meeting will be held at 7:00PM on **Wednesday, January 23<sup>rd</sup>**. For meeting location or more information, contact [nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com) or call **519-662-9372**.

## Parent & Child Drop-in Program

A fun and inclusive environment that supports early learning and development. Children birth to 6 years.



Monday	Wilmot Rec Complex Wellesley—1000 Maple Leaf St	9:30 to 10:30am 9:15 to 11:15
Tuesday	Baden, 66 Mill St (St. James Church)	9:30 to 11:30am
Wednesday	New Hamburg— 175 Waterloo St Wellesley—1000 Maple Leaf St	9:15 to 11:15am 9:15 to 11:15am
Thursday	New Hamburg— 175 Waterloo St.	9:15 to 11:15am
Friday	New Hamburg—175 Waterloo St	9:15 to 11:15am



**Wilmot Family  
Resource Centre**

519-662-2731 x210

[tina@wilmotfamilyresourcecentre.ca](mailto:tina@wilmotfamilyresourcecentre.ca)

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

We are a support group for weight loss. Meetings are held on Tuesday evenings at St. James Lutheran Church, 66 Mill Street, Baden  
Weigh-ins at 6:30 pm followed by a short meeting  
For more information call 519-634-9690 / Everyone Welcome.

**JOIN US FOR  
F.R.O.G.**

**ON THE FOLLOWING DATES:**  
October 2, 16, 30, November 13, 27,  
December 11, January 8, 22, February  
5, 19, March 5, 19, April 2 & 16  
6:30pm - 8:00pm

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## Connect with 100 Men of Wilmot Who Give a Damn

Mark Murray of Baden would like to announce the creation of a newly formed community initiative named the "100 Men of Wilmot Who Give a Damn". Many men want to get involved in their community but are short on the spare time required to do so, or they don't know how to ensure that their efforts will make the significant impact they desire. If that sounds like you, then the 100 Men of Wilmot Who Give a Damn is just what you're looking for.

Such is the case with most things in life, it was a woman (or a group of women to be exact) that inspired this initiative. In 2015 some remarkable women from the Wilmot community started the 100 Women of Wilmot Who Care. In just 3.5 years the women's organization has grown to 110 members and has donated more than \$113,000 to various charitable organizations that directly affect the residents of Wilmot Township. Mark Murray and his six co-founders decided that it was time for the men in the Wilmot community to step up and follow the example set by these incredible women.

What we are looking for is one hundred (100) men that are willing to commit to meeting four times a year and making a \$100.00 donation at each of the four meetings. During each of the

four meetings, three LOCAL charities will present to the membership why they should be awarded the memberships donations. After the three presentations have concluded, the membership will vote; whichever charity receives the majority of the votes is awarded the total amount of the donations made at that meeting. Meaning, that with 100 men committing to the organization, then at each of the four yearly meetings we will be able to donate \$10,000.00 to the selected charities. Therefore, by only meeting for one hour four times a year, the organization will be able to donate a total of \$40,000 to various LOCAL charities within the Wilmot community.

The announcement pertaining to this new community initiative was originally put to the public in November of 2018. In just over a month, we have received a commitment from seventy three (73) men within our community and the number continues to climb on a daily basis. We are now looking for twenty seven (27) more men to help make this organization a great success.

The Puddicombe House in New Hamburg has generously agreed to sponsor the initiative by donating their beautiful facility for us to host our four yearly meetings. The inaugural meeting is scheduled to take place on Tuesday, February 26<sup>th</sup>, 2019 from 6:30pm until 8:00pm. Also, the John Bear GMC Dealership in New Hamburg and Baden Integrative Health have both committed to sponsoring this new community initiative.

Anyone wishing further information about the organization or who would like to register as a member, please contact Mark Murray at Email: 100menofwilmot@gmail.com or cellular Telephone: 905-693-5400 (call or text).



### NEW HAMBURG OPTIMIST YOUTH APPRECIATION

INVITING YOUTH TO JOIN IN THE FUN  
ON MARCH 12 FOR

FREE SKATING FROM 1:30-2:30 &  
FREE SWIMMING FROM 1:00-3:00  
AT WILMOT RECREATION COMPLEX

ALSO ON WEDNESDAY, MARCH 12~  
FREE BOWLING AT THE  
NEW HAMBURG LANES 1:00-4:00



### New Hamburg Legion Branch #532—Boullee Street, New Hamburg

Invites you to join us for ...

Entertainment with Cracker Jack Palace  
Saturday January 19<sup>th</sup> from 2-6 \$5 at the door

Michael Kelly, Saturday February 16<sup>th</sup>, 2-6

Express lunch February 1<sup>st</sup>, 12-1  
Friday night dinners, last Friday of the month

## More Fun with Words

- \* The meaning of opaque is unclear.
- \* I wasn't going to get a brain transplant but then I changed my mind.
- \* Have you ever tried to eat a clock? It's very time consuming.
- \* A man tried to assault me with milk, cream and butter. How dairy!
- \* I'm reading a book about anti-gravity. I can't put it down.
- \* If there was someone selling marijuana in our neighbourhood, weed know about it.
- \* It's a lengthy article about ancient Japanese sword fighters but I can Sumurais it for you.
- \* It's not that the man couldn't juggle, he just didn't have the balls to do it.
- \* So what if I don't know the meaning of the word 'apocalypse'? It's not the end of the world.
- \* Police were called to the day-care centre. A 3-year old was resisting a rest.
- \* The other day I held the door open for a clown. I thought it was a nice jester.
- \* Need an ark to save two of every animal? I Noah guy.
- \* Alternative facts are aversion of the truth.
- \* I used to have a fear of hurdles, but I got over it.
- \* Atheism is a non-prophet organization.
- \* Did you know they won't be making yardsticks any longer?
- \* The patron saint of poverty is St. Nickeless.
- \* What did the man say when the bridge fell on him? The suspension is killing me.
- \* Do you have weight loss mantras? Fat chants!
- \* My tailor is happy to make a new pair of pants for me. Or sew it seams.
- \* What is a thesaurus's favourite dessert? Synonym buns.
- \* There was a big paddle sale at the boat store. It was quite an oar deal.
- \* How do they figure out the price of hammers? Per pound.

Submitted by Bruce Bousher

# K.R. ABBOTT

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It's a New Year, bringing with it new goals, new hopes, and New Year's resolutions. Of course with new year's resolutions comes pressure for success, which can often be followed by a sense of failure. Working towards new goals can be a challenging process and we can quickly become demoralized when we struggle to overcome obstacles that make it hard to achieve our goal.

Sometimes when we give up on our goal, we can feel like we've failed. But treating success and failure as two entirely different things can be misleading. In fact, it is an example of a thinking trap our brain falls into called black and white thinking. Other black and white thoughts may include things like: "You either love me or you hate me", "There's no point in trying if I can't make it perfect," and the classic good guys vs bad guys. This trap can be tricky because it convinces us that things can be judged entirely and sorted accordingly. Friends are kept close; enemies are pushed away. Things that are perfect are highly valued and things that can't be perfect aren't worth our effort. Good guys do great things; bad guys deserve to be punished.

But then what happens when a friend breaks our trust, perfection becomes flawed, or good guys do bad things? If we don't succeed entirely in our new year's resolutions does that make us a failure? The issue with black and white thinking is that we live in a world of a million different shades. Although black and white

thinking can seemingly make moving through this world easier, it can lead to errors in judgement. It can also make us overly hard on ourselves, feeling like if we fail or we aren't perfect enough we are worthless and undeserving. Black and white thinking can also fuel depression and anxiety, which makes it all the more important to be able to catch this thinking trap and challenge these types of thoughts.



No success can come without a whole lot of failure trailing behind it. With each failure comes new opportunities and valuable lessons to be learned. Perfection is unachievable and not as highly desired as we are led to believe it is. In fact, in Japanese culture broken pottery is repaired with gold making the cracks stand out and the broken pot more beautiful than it was before breaking. Another Japanese value of wabi sabi centres on the belief that beauty is transient and imperfect.

Standards of success, beauty, and happiness are changing all the time, and so are we. The new year is a perfect time to reflect on all of our successes, failure, strengths and weaknesses in the way each one makes us human. It's also a good time to look forward and make goals and resolutions about what you want to move towards and to make plans on how to get there. But if you break your resolution or it fades before the year is up, don't sweat it!

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**And the January winners are: 1<sup>st</sup> Prize-Trip to Dominican Republic= Dave D'Aguiar (New Hamburg) #298, 2<sup>nd</sup> Prize- \$200= Rene and Sandy Eby (New Hamburg) #453, 3<sup>rd</sup> Prize- \$100= Doug Rooney (Arthur) #448**

*A belated yet heartfelt thank you for the kind thoughts and wishes I received on my 90th birthday from dear friends young and old.*

*God bless and keep you in 2019*

*Most sincerely, Virginia Weiler*

## You Must Be Joking!!



At Sunday School they were teaching how God created everything, including human beings. Little Johnny seemed especially intent when they told him how Eve was created out of one of Adam's ribs.

Later in the week his mother noticed him lying down as though he were ill, and she said, "Johnny, what is the matter?"

Little Johnny responded, "I have pain in my side. I think I'm going to have a wife."



Tea, coffee and conversation for seniors

Join in the Conversation for Seniors

**At Wilmot Mennonite Church,  
2995 Bleams Road, New Hamburg**

Tuesday, January 29th, 12-2  
Theme: Indoor Winter Fun & Games

Slow down and enjoy the journey right now.  
Take time for the people in your life –  
they won't always be there.



### Mindful Movement

Jan 23, Feb 6, Feb 20, 6:30-7:00 pm Tea and conversation  
7:00-8:00 pm Mindful Movement (Yoga)

**At Wilmot Mennonite Church,  
2995 Bleams Road, New Hamburg**

Cost: \$5-\$10 Pay what you can. Please wear comfortable clothing. Bring a yoga mat if you have one.

## Local Churches Invite You to Join Them

Please visit [www.badenoutlook.com](http://www.badenoutlook.com)  
for a directory of local churches.



### 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](http://www.smchurch.ca)

### Livingston Presbyterian Church

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am

Moderator: Linda Ashfield, 519-886-4150

### SHANTZ MENNONITE CHURCH

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

Phone: 519-634-8712 / Email: [office@shantzmc.ca](mailto:office@shantzmc.ca)

Pastor: Don Penner

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

### ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden, ON

519-634-5191 [www.st.jamesinbaden.org](http://www.st.jamesinbaden.org)

Interim Pastor: Bonnie Schelter-Brown

Sunday Worship 9 am / Sunday School



### Wilmot Centre Missionary Church

2463 Bleams Road—corner of Bleams & Sandhills Road

Church Service and Children's Church 10:00 am

Rev. Wayne Domm

519-634-8687

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

### Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511 [www.petersburgchurch.org](http://www.petersburgchurch.org)

\* Wheel Chair Accessible \*

Worship Service 9:30 am / Sunday School

### Wilmot Mennonite Church

2995 Bleams Road, New Hamburg, ON

Worship Service 9:45a.m. ~ Christian Formation 11:00 a.m.

Pastor Susan Allison-Jones

519-634-5030

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

## Did you know?

- Recycling is a process to create new items from old and used materials. This helps in reducing energy and potentially useful materials from being wasted. A variety of raw materials can be recycled, including paper, plastic, metal, glass, electronics and textiles.
- Recycling is a part of waste disposal hierarchy – Reduce, Reuse, Recycle.
- Recycling helps to conserve energy and as a result, less greenhouse gases are emitted.
- Over 60% of the trash that ends up in a dumpster could be recycled.

Recycling helps to reduce the amount of waste that goes to landfills. As a result, fewer harmful emissions like methane gas are released into the earth's atmosphere.

The New Hamburg Thrift Centre has taken recycling to new levels! Dedicated teams of volunteers work each week to make sure items do not make it into the landfill. Small household appliances, clothing, bed sheets, fine paper, etc., are reused to turn into revenue for Mennonite Central Committee (MCC).

In 2017, a handful of energetic men dismantled hundreds of items into various grades of copper, stainless steel, brass, cast iron, aluminum, and insulated wire. These were broken, non-working items destined for landfill. With over 20 grades of metal to be sorted, these folks really know their stuff!

In the Recycling Room, many people are hard at work cutting up denim and cotton pants, chenille bedspreads, wool blankets, and sheet sets to create beautiful hand woven floor mats and placemats. The process is long when steps include: trim out seams, pockets and buttons, cut material into strips, sew various colour strips together, trim extra material, weave into the mat and finally, hand tie the strings when the mat has been cut off the loom! Buttons and pockets are kept for sale for craft projects.

Comforter patches are also cut from cotton and denim. The NH Thrift Centre produces these comforters in the store, allowing customers to observe the process. Many comforters are sent on to the MCC Ontario warehouse to be shipped overseas for relief. We also use non-saleable clothing to get

**New Hamburg  
Thrift Centre  
41 Heritage Drive  
New Hamburg  
519-662-2867**



## Winter Has Arrived!

**Check out our puzzles, board games, videos, craft supplies and more to pass the time!**

**We are accepting donations of winter outerwear, winter boots, housewares and books!**



All proceeds benefit the work of Mennonite Central Committee

### REGULAR HOURS

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

more cotton to make cleaning rags that different business and houses use for cleaning.

Surplus paper and cardboard are sent to a local farmer, to be shredded into bedding for their animals. Eventually, this bedding is composted and put onto the fields to help maintain soil fertility.

Although the Thrift Centre recycles as much as it can, it is not a recycling centre. Our ultimate goal would be to encourage each person to examine their cast offs and take responsibility for the disposal. Is the item in good working condition and saleable? If so, please feel welcome to donate it! If not, what other measures can you take to ensure it is utilized to its potential?

Whether these talented volunteers are creating a new mat, comforter or quilt, providing quality items at affordable prices for purchase, or properly disposing of metals ...our planet is the one benefiting most from good work done at the New Hamburg Thrift Centre.

*Come and join our amazing volunteer team - Our planet will thank you!*



**We're on the Web!**

**Read the paper in colour at  
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## You Must Be Joking!!



- ◆ Do twins ever realize that one of them was unplanned?
- ◆ What if my dog only brings back my ball because he thinks I like throwing it?
- ◆ If poison expires, is it more poisonous or is it no longer poisonous?
- ◆ Which letter is silent in the word "Scent," the S or the C?
- ◆ Why is the letter W, in English, called double U? Shouldn't it be called double V?
- ◆ Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.
- ◆ Every time you clean something, you just make something else dirty.
- ◆ The word "swims" upside-down is still "swims".
- ◆ Intentionally losing a game of rock, paper, and scissors is just as hard as trying to win.
- ◆ 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
- ◆ Your future self is watching you right now through memories.
- ◆ If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.
- ◆ Many animals probably need glasses, but nobody knows it.
- ◆ If you rip a hole in a net, there are actually fewer holes in it than there were before.
- ◆ If 2/2/22 falls on a Tuesday, we'll just call it "2's Day". (It does fall on a Tuesday)

Submitted by Bob Smith

*Thanks, that's just what I wanted for Christmas!*



Thanks for the iPad, grandma!



Thanks for the gloves honey.



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



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### **Random Questions by George Carlin**

- ◆ If a parsley farmer is sued, can they garnish his wages?
- ◆ If the police arrest a mime, do they tell him he has the right to remain silent?
- ◆ If one synchronized swimmer drowns, do the rest drown too?
- ◆ If you ate pasta and antipasta, would you still be hungry?
- ◆ If you spin an oriental man in a circle three times, does he become disoriented?
- ◆ If you try to fail, but succeed, which have you done?

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# Labyrinth

Have you ever wondered what a Labyrinth is? Or what a Labyrinth is used for? Labyrinths date back over 4000 years. They are often circular in shape, like the medieval Chartres labyrinth, one of the oldest still in use, in the nave floor of the Chartres Cathedral in France.



A labyrinth has one path into the centre and the same path is taken back out again. A labyrinth is different than a maze. Unlike the trickery of a maze to get you lost, a labyrinth is designed to show you the way. The usual circle shape of a labyrinth is an inclusive image for wholeness and unity, reflecting every aspect of the nature of human experience.

As you enter the path of the labyrinth you are invited to pay attention to your experience; everything on your walk becomes a metaphor for your life. Here on the path is where you have a heart-to-heart talk with your body, spirit, and mind. Find your own rhythm and pace. Listen to your body. You are invited to set aside all expectations and simply notice everything around you, in the space and within yourself. When you reach the centre, you surrender to listening. Here is where wisdom can be heard. When you are ready, you begin your journey back out from the centre, reflecting on what and how you may explore further, or incorporate what you have been given.



- Starting out
- Young Family
- Single
- Established Family
- Retiree

With more experience comes more confidence. You have more assets than you did when you just started out, so you have more options to consider. However, many middle-aged parents feel a cash crunch as they struggle to support both their children and their aging parents. Find out how you can meet your family's needs.

*Joe Figliomeni CPA, CFP*

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People all around the world walk the labyrinth for de-stressing, creativity, meditation, self-discipline, healing, and much more. When we walk with our soul and listen, much wisdom is given. Institutions are also recognizing the health benefits of walking the labyrinth, with many labyrinths being built and used in hospitals, churches, schools, and prisons.

There is so much that goes on inside the labyrinth that we simply cannot explain or understand. Navigating the twists and turns, the way they ground our soul and cause our brain to focus, to settle, to listen. The movement of this sacred path gives peace to our heartbeat, and calmness to our mind. We cannot always describe what happens in the labyrinth, but we know it is something important.

Often, our critical voices in our head are confused with the wise guidance from the 'still small voice' within. The voice of Spirit is soft, gentle, and encouraging. It offers hope and invites you deeper into the mystery of life. The critical voices are loud and repetitious. They nag and discourage. They take away hope and imprison through threats and lies. When you enter the labyrinth, you leave the critical voices outside of the sacred circle.

When we observe ourselves on the path as we walk, we learn lessons; we learn to deepen our compassion and mercy, to lessen our judgments, to increase our patience, and to find our purpose and share it with the world.

There is always a song in your heart. When you forget how it goes, the sacred path sings it back to you.

By Patricia Wagler ~ Certified Labyrinth Facilitator

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## 2019 BRINGS 25 YEAR ANNIVERSARY TO CASTLE KILBRIDE MUSEUM

As we kick off 2019, Castle Kilbride is looking forward to celebrating our 25<sup>th</sup> anniversary as a museum. For our first article of the year we want to take you back 25 years ago to January 1994 and the excitement surrounding the Castle. The Castle was a hive of activity since the Township purchased the historic home in 1993. The outside was covered in scaffolding, the Administration Complex was being built to the north of the house, Jim Miller was busy tracking down original artifacts, and the interior paintings were being restored to their former glory. By January of '94 major fundraising efforts were underway.

Fundraisers in January included:

A fun hockey match between the Friends of Castle Kilbride and the "Ontario Legiskaters" which included the captain of the team, Ontario Premier Bob Rae. This light-hearted game ended officially in a tie but Castle Kilbride was the clear winner as they were presented with a large cheque at the end of the game.

Another major fundraiser was the sale of the print of a beautiful Castle Kilbride winter scene by artist, Lance Russwurm. At a council meeting on Jan.10, 1993 the first print was donated to the Township from Greg Shinnie and Lance Russwurm. There were only 395 prints for sale and they went fast. In fact, the collection at Castle Kilbride did not have their own print until 2010 when Mary-Eileen McClear and family donated their framed print.



"Christmas at Kilbride" 1993 an original acrylic painting by Lance Russwurm

We look forward to bringing you more of the past in our next article.



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## You Must Be Joking!!



Tis the Season to be jolly but really...?

I'm passing this on because it worked for me today. A Dr. on TV said to have inner peace we should always finish things we start and we all could use more calm in our lives. I looked around my house to find things I'd started and hadn't finished, so I finished off a bottle of Merlot, a bottle of Chardonnay, a bottle of Baileys, a bottle of wum, the remainder of Valiuminun scriptins, an a box a chocletz. Yu haf no idr how fablus I feel rite now. Sned this to all who need inner peas. An telum u luvum.

# HAPPY ★ NEW ★ YEAR

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

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"An addiction to gardening is not all bad when you consider all the other choices in life." ~ Cora Lea Bell

With winter here, gardeners have time to reflect on what was successful in last year's garden and what we would like to modify this year. Winter is a great time for planning. Keep an eye on your houseplants for pests (those sneaky guys can replicate quickly), and keep watering to a minimum.

So it's a new year. What are your goals, dreams, and aspirations for your 2019 green thumb? Some suggestions are:

1. Clean out the garden shed, purging, cleaning tools, and prepping for the upcoming season.
2. Think of planting something new this year.
3. Add some native plants or shrubs this year. The native fauna will be happy and the plants very hardy.
4. Plant with a child. Teach them about planting, where food comes from, and the love of the land.
5. Volunteer to maintain civic gardens, for someone who needs assistance, or there is Therapeutic Gardening. Our Wilmot HS maintains about 70 gardens and is always looking for some helping hands. Email us.
6. Learn or teach. There are books at the library to borrow, books to buy, and lots of wonderful websites and blogs to learn about the latest plants and gardening techniques.
7. When planting a veggie garden, try something new. Check out seed catalogs (listing at Small Farm journal website or Seeds of Diversity) or Niki Jabbour's blog <https://savvygardening.com/author/niki-jabbour>
8. Take a tour of botanical gardens such as the Royal Botanical Gardens, Whistling Gardens, and the historical gardens at Dundurn Castle in Hamilton, or local garden tours.
9. If you haven't before, start something from seed.
10. If you have a garden, have friends over to browse through, connect and share.
11. Journal what worked in your garden, what gave you and others pleasure, and your dreams for your garden through writing, photography or drawing your garden or favourite features.

Source: [www.hortmag.com/blogs/editors-blog/12-new-years-resolutions-gardeners](http://www.hortmag.com/blogs/editors-blog/12-new-years-resolutions-gardeners)



Keep fit and stay active so your body is geared up for spring gardening! There are lots of options, but walking is the easiest; the Wilmot Rec Complex has a great track for walking when the weather is frightful, and sidewalks/roads are treacherous. Keep moving!

**Seedy Ways!** A number of Societies have **seed swaps**. Kitchener HS has their **Seedy Saturday**, February 24<sup>th</sup> (see [www.kitchenerhs.ca](http://www.kitchenerhs.ca)) with a marketplace and free seminars. This is a great event. We have our own swap in May at our Gardeners' Show and Share. Bring your extra seeds to share and get some new ones. There are also numerous companies that you can order seeds from and offer hundreds more options than local seed suppliers. Check out the list at: <http://smallfarmcanada.ca> (this magazine is in the library...look for the November issue).

**WHS's upcoming meeting** is at 7:30 pm, February 11th, '**Roses for today's world**' with Karen Sciuk, a Master Gardener. **Wilmot Rec. C, upstairs in Meeting Room A.** Free meeting, 50/50 draw (bring a loonie or toonie), door prizes and social with tea/coffee with snacks, lug-a-mug.



*Plan how to get your fingernails and knees dirtier this spring!*

[www.gardenontario.org/site.php/wilmot](http://www.gardenontario.org/site.php/wilmot)

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