

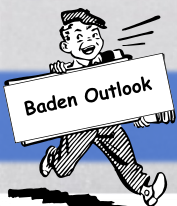
JANUARY 2023

VOLUME 23, ISSUE 6

Baden Outlook

Your Favourite Feel Good Newsletter

Keeping the Community Connected



This paper is priceless - Please have one!



Hear Again for the holidays!

Call us now to find out more.

New Hamburg: 519-662-6884 | Waterloo: 519-745-5888



Lynne Hemmerich

Owner, Hearing Instrument Specialist

Raquel Wilkinson

Hearing Instrument Specialist



Our mission is to provide the best possible solutions to all of your hearing needs with professional, honest and friendly service. We take pride not only in providing you with the best comfort in fit and sound of your hearing product, but also your own comfort with us!

Bernafon Alpha ITE & IIC



10 WATERLOO ST.,
NEW HAMBURG

519.662.6884

128 ERB STREET
WEST, WATERLOO

519.745.5888

Baden Outlook

P.O. Box 5154

Baden, ON N3A 4J3

Phone: 519-634-8916

badenoutlook@hotmail.com

www.badenoutlook.com

Barry, Pat, & Katie Fisher

Check out what's happening in the paper this month:

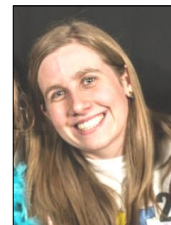
- Barry re-caps about snowstorms in Baden
- Try your hand at our logic problem - Wilmot Events
- Don't miss out on the many activities offered at the Baden Library in January & February
- Ken from Baden Birding writes about the local Christmas Bird Count
- Volcanoes, lava, & magma, oh my!
- Gary White gives tips on insurance for your travels
- No matter the time of year, tips for your garden
- Learn how to save yourself from injuries this winter with Dr. Papa
- Look back at Baden — 100, 75, and 50 years ago, with Sherri Gropp from Castle Kilbride
- EcoBoosters explains why Canada is slow on plastic removal

The Baden Outlook is a grassroots family business serving the community of Baden and Wilmot Township.

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

©2023 The Baden Outlook

Greetings from Headquarters ~



With the New Year here upon us, it is common to think of how we can better our lives going forward. I often find that my goals are unattainable and never come to fruition. My goal this year is to live more in the now, the present, and not the past, or the future. Easier said than done, right?

I read a quote recently that read, "We need to keep in mind, of course, that past and future are experienced by us only in the present moment." That hit me hard. So technically, there are three moments in life; the present view of the past, the present view of the present, and the present view of the future. When we wander from past to future looking for trouble, we can certainly find it. We can build our own anxieties, fears, and pain on expectations of the future from mishaps of the past. Don't let sadness in the past and fear of the future ruin your joy in the present moment.

Obviously, we need to bring forth past memories into the present if they are positive. Losing a loved one, past is all we have with them and imagining they are with us in present day is needed for our own comfort. When we bring up memories that give us joy, it can improve our lives for the better. To learn more about memories, see Chip Bender's article from Interfaith Counseling Centre.

What is not living in the moment? Dwelling on negative emotions, worrying about the future, not being able to forgive, letting what-ifs rule your mind, and waiting for perfect timing. Here's for trying to live in the now. Happy New Year Wilmot!

"There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do, and mostly live."

-Dalai Lama-



Happy New Year! As we begin our 23rd year publishing the Outlook, I feel fortunate to have received so much kindness, generosity, and support from this amazing community over the years. The time goes by fast and the many significant people who have come and gone in our community, who have shared and moved us can easily be forgotten as we scramble along in our busy lives. Barry and I went to visit and deliver Christmas cookies to our friend, and Baden's oldest long-time resident Mike Weiler, who at age 92, lives in the home he was born and raised in. He has a terrific memory and enjoys talking about the past which is always so interesting. It was from his attic treasures that we featured articles called "Notes from the Attic" sharing history of days gone by. (His mother too, had saved many old papers and interesting items). After that we shared history questions and answers featured in a column called "Ask Armand" which again came from the knowledge we learned from him.

It is at this time that we reminisce and ponder how far we've come. So much history has been archived, people's stories have been shared, and growth has happened within our community that seems long forgotten. When did the township move its offices to the castle...or when did Baden get its first street light? Or perhaps who was the third Roads Foreman in Wilmot? It is so much fun to snoop around in our archives and find so many interesting things we enjoyed that maybe not everyone had seen. With this in mind I am going to focus a column on just that.. Outlook Tid- Bits from the Past, and also reprint some articles from "Notes from the Attic". Happy New Year... and happy reading!

Talking with Ed

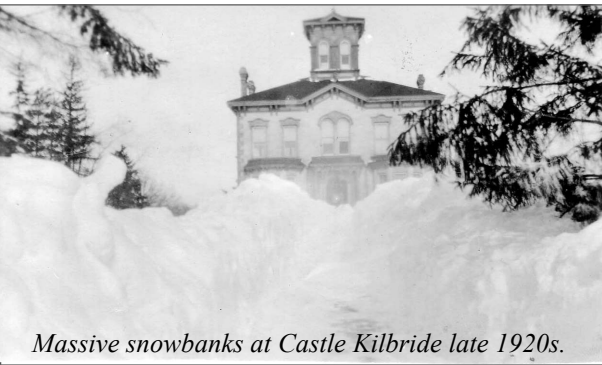
~ Snow Kidding



Well that was quite a storm that we endured during the Christmas season. In my 50 years that I have lived in Wilmot Township, I can only remember a handful of storms of that magnitude. The one that stands out to me was in 1975, as I had a white-knuckle drive home from work at Zehrs New Hamburg to my apartment in Kitchener. Growing up in MacTier, twenty minutes south of Parry Sound, it seemed that we had copious amounts of snow, that was all taken in stride.

With that much snow up north, pretty much everyone owned a snowmobile. My first one was a baby blue single cylinder Snow Trek – I sold it for \$25. Later my brother and I bought a brand-new Skidoo Olympic for \$800. Once again it was a single cylinder but it had an enclosed cowl and a comfortable seat. I was out snowmobiling every night – it was amazing. We had so much freedom then to just buzz around town.

Living in Baden, in the late 80s, I bought my sister's Arctic Cat Lynx, which was a twin cylinder and I thought very fast. It seems there just wasn't enough snow, coupled with costs such as insurance and a trail permit. I sold it shortly after and I recall the kids being upset about that decision. The amount of snowfall typically has not changed that much over the winters as the number of days to go sledding are pretty limited. I believe that is due in part to climate change and all of the open fields with



Massive snowbanks at Castle Kilbride late 1920s.

windy conditions not amounting to much snow depth. I know that snowmobile clubs are leery about opening trails if the rivers are not frozen.

The CBC had an article recently about climate change and areas that are affected the most in the hemisphere. Southern Ontario, Yukon, Alaska, and areas around Hudson Bay are seeing the most decline in snowfall. Despite declines in Europe, Eurasia overall hasn't seen an overall reduction in snowfall over the past four decades, partly

because of heavy snowfalls in eastern Siberia. In North America, snowfall has declined by about 46 billion tonnes per decade between 1980 and 2018. Snowfall is important to continue to keep water levels up; however, too much creates flooding especially if mild temperatures and spring thaws are hasty.

Wilmot Township did indeed have huge amounts of snow at one time. I have seen many pictures of trains being stuck in the snow in Baden and New Hamburg. Pictured here are photos of a snow plow locomotive stuck behind Vesper Village in 1947, which was also stuck in New Hamburg during the snow clearing run. Residents at the time brought out their shovels and did their best to dig the stranded locomotive. Also shown is the front yard of Castle Kilbride in late 1920s.

Will things ever get back to the snowy days of the winters past? I guess it is a blessing and a curse that we have less snow. Some may also be enjoying the milder winters with warmer temperatures as well. It is somewhat frightening to see such dramatic changes over a short period of time. Until next month...Ed

We enjoyed a visit with Stewart Grant from the Wilmot-Tavistock Gazette as he came for coffee and we talked about what we love... the community and publishing!

We thank him for the great article he wrote featuring the Baden Outlook in a recent issue. It was a nice visit and always great to have a new friend!



Train plow stuck in the snow behind the old Baden School, in 1947. currently Vesper Village, on Snyder's Road, E. Baden



Baden residents look on as crane lifts engine derailment in 1971.

Do You Need Help?

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



205 Peel Street, New Hamburg, N3A1E7

Phone: 519-662-1857

Fax: 519-662-2166

E: Mail: info@kratax.ca

TAX & ACCOUNTING SOLUTIONS

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

Hours: 9am-4pm Monday to Friday or by Appointment

519-662-3710
orders@nhofficepro.ca



HOURS OF OPERATION

Mon - Wed 9:00 am - 5:00 pm
Thu - Fri * **NEW!** 9:00 am - 6:00 pm
Saturdays 10:00 am - 1:00 pm

FOCUS computers inc.

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

- ONSITE AND IN-STORE SERVICE
- COMPETITIVE PRICING ON NEW & USED COMPUTERS
- AFTER SALE SERVICE THAT CAN'T BE BEAT!
- VIRUS REMOVAL, UPGRADES & MORE!

ALL THINGS SCRAMBLED

Within each category the words are jumbled up.
Can you unscramble them? Answers on page 32

Countries of the World

BACU _ _ _ _ _
PURE _ _ _ _ _
NAICH _ _ _ _ _
DINIA _ _ _ _ _
APAJN _ _ _ _ _
SPINA _ _ _ _ _
DACANA _ _ _ _ _
LARBIZ _ _ _ _ _
COEXIM _ _ _ _ _
MARKNED _ _ _ _ _

Rivers in Ontario

THIN _ _ _ _ _
NOMO _ _ _ _ _
DEEPS _ _ _ _ _
DRANG _ _ _ _ _
CHRENF _ _ _ _ _
SHAMET _ _ _ _ _
REVENS _ _ _ _ _
GANEUSE _ _ _ _ _
GARANAI _ _ _ _ _
GOTOSENOC _ _ _ _ _

"Keeping the Community Connected"

Checking out the Baden Library

The Baden Library is officially open again! Please drop by and see us – we’ve missed you.

New year, new programs! The Region of Waterloo Libraries is offering FREE in-person and virtual winter programs starting Monday, January 9 – Friday, February 24.

For Babies:

- Baby & Me – Wednesdays, 11-11:30 a.m. starting January 11 – Wellesley Branch

For Kids:

- Ready, Set, Go, Kindergarten! - Tuesdays, starting January 10, 10:30-11:30 a.m. – Baden Branch
- Discovery Time:
 - ⇒ Wednesdays, starting January 11, 9:30-10:15 a.m. – New Dundee Branch
 - ⇒ Wednesdays, starting January 11, 9:30-10:00 a.m. – Wellesley Branch
- STEAM Team:
 - ⇒ Mondays - January 16, 30, & February 13, 4:00-4:45 p.m. – New Hamburg Branch
 - ⇒ Mondays - January 23, February 6 & 21, 4:00-4:45 p.m. – Baden Branch
 - ⇒ Thursdays - January 18, February 2, & 16, 4:15-5:00 p.m. – Wellesley Branch
- LEGO Mindstorms – Friday, February 3, 11:00 a.m. – 12:00 p.m. – Wellesley Branch
- Pajama Storytime – Tuesday, February 7, 6:30-7:00 p.m. – Baden Branch
- Author visit with Nadia L. Hohn featuring Malaika’s Winter Carnival – Wednesday, February 8, 6:15-7:15 p.m. – via Zoom
- V is for Valentine – Tuesday, February 14, 6:30-7:30 p.m. – Baden Branch

Self-Directed Programs

Blind Date with a Book – Monday, February 13 – Saturday, February 18 – New Hamburg & Wellesley Branches

For Teens/Tweens:

- Minute to Win It! - Wednesday, January 25, 6:30-7:30 p.m. – Baden Branch
- Silly Art – Wednesday, February 1, 6:30-7:30 p.m. – New Dundee Branch
- 3Doodlers 3-D Printing – Friday, February 3, 2:00-3:00 p.m. – New Hamburg Branch
- Escape the Library: Trapped in a Snowstorm – Monday, February 6, 6:30-7:30 p.m. – New Hamburg Branch
- Crafternoons: Washer Necklaces – Wednesday, February 8, 4:30-5:30 p.m. – New Hamburg Branch
- Minute to Win It! – Thursday, February 9, 6:30-7:30 p.m. – Wellesley Branch
- Parent & Tween CraftEve: Rock Photo Holders – Wednesday, February 15, 7:00-8:00 p.m. – New Hamburg Branch

Family Literacy Day

This year’s theme for Family Literacy is “Celebrate Your Heritage.”

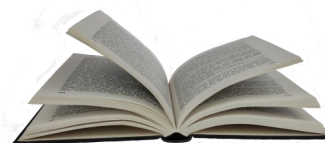
To raise awareness of the importance of reading and engaging in literacy, join us for these events:

- Family Literacy Night – Tuesday, January 24, 6:30-8 p.m. – Elmira Branch
- Family Tree Art – Thursday, January 26 – 4:00-4:45 p.m. – New Hamburg Branch

Pick up a printed activity booklet at your favourite RWL Branch to participate at home!

Thank you for your ongoing support! We look forward to seeing you in branch. Very best to you and yours in the year ahead!

Scan to see our full Events Calendar, and to register for our programs.



Questions? Please contact the Baden Branch at 519-634-8933, badenlib@regionofwaterloo.ca or visit rwlibrary.ca.

For Adults:

- Book Talk – Wednesdays, starting January 11, 3:00-3:30 p.m. – New Hamburg Branch
- Drop-in Yarn Craft Club – Wednesdays, starting January 11, 6:30-8:00 p.m. – New Hamburg Branch
- What is Mindfulness? With the Woolwich Counselling Centre – Monday, January 16, 7:00-8:00 p.m. – via Zoom
- Celebrating Black/Indigenous OURstory of Agriculture in Southwestern Ontario – Sankofa 100 Miles to Freedom Tour 2022 with Nicola Thomas – Wednesday, January 18, 7:00-8:00 p.m. – via Zoom
- Adult Craft Nights – Last Thursday of the month from 7:00-8:00 p.m.
⇒ Origami Kusudama Flowers – Thursday, January 26 – via Zoom
- Yoga in the Stacks with Be Energized Fitness – Thursday, January 26, 7:00-8:00 p.m. – New Hamburg Branch
- Romantic Suspense: Books that Give You the Shivers with Cyndi MacMillan – Tuesday, February 7, 6:30-7:30 p.m. – New Hamburg Branch
- Adult Book Club – Wednesday, January 18, February 15 & March 22 – 2:00-3:00 p.m. – Wellesley Branch

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



Submissions are due on the 1st of each month.

NITH VALLEY APIARIES

Since 1918



STORE HOURS

Wednesday – Friday: 9am – 5:30pm

Saturday: 9am – noon

Honey • Beeswax Candles • Gift Items



1041 Christner Road, New Hamburg, ON N3A 3K7
519-662-3165 nithvalleyapiaries@gmail.com



A SINCERE SHOUTOUT:

Bravo and much thanks is sent out to our writers with their awesome submissions. They are dedicated and committed with their time, and considerate of our monthly deadlines. They are keen to share their specific topics of interest, giving our readers interesting things to read and learn.

Thank you—we couldn't do it without you!

You Must Be Joking!!



The mother had washed her hair and just put rollers in, but she didn't have a hair net for them so instead, she used a pair of panties to keep them in place. Her four year old son had watched the process and was fascinated. His mother told him, "Good thing there's only us here, so nobody sees me like this..."

Suddenly, the doorbell rang. The little boy ran to open it and outside stood a salesman who wanted to speak with the owner of the house. The son yelled, "Mom, mom! Take off your panties! There's a man here who wants to talk to you!"

PHARMASAVE

Specialty
Compounding

Baden Village Pharmacy

18 Snyder's Rd, Baden, ON P. 519.214.4000 F. 519.214.4001

Front Store

- Cosmetics
- Cards and Gifts
- Vitamins and Supplements
- Special Orders
- Mail and Receiving Parcels
- Processing Postal Transactions

Pharmacy Services

- Phone, Online and Mobile
- Medication Sync
- Compliance Packaging
- Injection Administration
- Specialty Compounding

CANADA POSTES
POST CANADA



It's easy to transfer your prescriptions here!

100 years ago - January 1923

The first annual meeting of the Wilmot Township Telephone System was held in Baden. The old commission was re-elected, namely Illingworth Cassell, chairman; Gideon Bechtel and E.D. Eidt commissioners, and A.R.G. Smith, secretary. The line was purchased from J.P. Ernst last July.

75 years ago - January 1948

Robbers Foiled in Baden Break-Ins

The offices of Shirk & Snider Mill and F. Sehl's hardware store in Baden were broken into sometime during Saturday night and attempts were made to break open the office safes. In each case, the safe handles were broken off and the combination dials tampered with, but the thief or the thieves failed to force the safes open, and contents were undisturbed. Five dollars in change left in the till at the mill's office was the thief's only plunder. Similar methods were taken to get into both places. At the mill, the window near the door was broken to reach in and unfasten the door lock. At Sehl's a hole was cut through the door to reach in towards the lock. Provincial police from Kitchener investigated.

The annual meeting of S.S. No.13 Baden was held in the school room with an attendance of 29 ratepayers and interested citizens. Mr. Joseph Weiler was appointed chairman and Mr. Lawson Swartzentuber was named secretary. From the financial report expenditures for 1922 totaled \$9421.04. Mr. Wilfred Schneller who has been secretary-treasurer of local school board for a period of almost 10 years resigned and Mr. Sam S. Roth was appointed to take his place.

New Hamburg Turf Club Holds Annual Banquet- Horsemen from all over Ontario attended the annual banquet of the New Hamburg Turf Club which was held at the Maple Leaf Inn in Baden.

The Baden Fire Brigade managed to bring the fire under control at the Blue Moon Hotel in Petersburg. The fire is reported to have started when the hotel proprietor Herbert Forler laying linoleum on a second-storey room, set a blow torch used to melt the tar too close to the wall. The flames from the torch caught the inside the wall partition spread to the attic and then the roof. A Baden volunteer fireman Arthur Swartzentuber, 19, escaped serious injury when he crashed through the blazing roof. He fell into the smoldering blaze of the attic and was rescued by Marcus Bender, 28, but not before part of his trousers had been burned.



Photo: Baden School from 1948. Do you recognize anyone? Please contact Castle Kilbride. We know one... 3rd row, 4th from the right is Jim Veitch!



Happy New Year from EJ's!

Looking for a fun way to beat the cold weather?
Come visit for a great meal, a pint, and live entertainment!

January 21st, the band Sally Chancer from 7-10 p.m.
February 11th, Winnipeg Wind 7-10 p.m.



39 Snyder's Road W, Baden
519-634-5711
badenhotel.com



50 years ago - January 1973

Wilmot Township council at their final meeting held Dec. 28 approved the rental of the Baden Firehall for social activities of the Baden Part-Time Firefighter's Association. The newly formed association represented by Blain Bechtold and Elmer Koenig, deputy fire chief, had asked for the rental for the same uses as the firefighters have used the firehall in the past. The two men said, however, that the association felt they should ask for the hall on a regular basis since the association would not be using it for firefighting purposes. All members of the association are firemen in the village. Council agreed to the rental of the hall for a fee of \$2 for the year.

In other business, the newly formed Wilmot Township Council passed a bylaw to provide for a reserve fund for fire protection in the police village of Baden (under regional government which became effective Jan. 1 of this year. Baden is actually no longer a police village but is part of the municipality as are New Hamburg, New Dundee, St. Agatha and Petersburg.)



The last Wilmot Township council was comprised of Reeve Alfred Richardson, seated; councillors Louis Nowak, left; Ralph Shantz, second from left; deputy reeve Wilfred Barnes, second from right; councillor Stanley Wagner, right. Councillors Nowak and Shantz won seats on the new Township of Wilmot council in the Oct. 16 election. The other three council members were all defeated at the polls.



We're on the Web!

**Read the paper in colour at
www.badenoutlook.com**

2023 Lincoln Aviator



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

Birds You Might See at a Bird Feeder

The following is a list of birds that you might see at a bird feeder throughout the year. The trick is that the consonants are missing. We have provided the missing letters for you to fill in the spaces. Cross off the letter once you used it! Good luck!

BB CCCCCCCC DDDDDD F
GGGG HHHHH JJ KKK LLLLL
MM NNNNNN PP
RRRRRRRR S TT V
W WWW X Y

__ O __ __ __ I __ __ __

__ __ A __ __ O __

__ U __ __ I __ __ __ I __ __

O __ I O __ E

__ __ E __

__ __ I __ __ A __ EE

__ __ U E __ A __

__ __ A __ __ __ E

__ A __ __ I __ __

__ U __ __ O

__ OO __ __ E __ __ E __

__ A __ __ I __ A __

__ U __ __ A __ __ __

__ O __ E

Answers on
page 32

You Must Be Joking!!



- "I used to be addicted to soap, but I'm clean now."
- "A guy walks into a bar...and he was disqualified from the limbo contest."
- "When two vegans get in an argument, is it still called a beef?"
- "I ordered a chicken and an egg from Amazon. I'll let you know..."
- "If a child refuses to nap, are they guilty of resisting a rest?"
- "Did you hear about the kidnapping at school? It's okay, he woke up."
- "I once got fired from a canned juice company. Apparently I couldn't concentrate."
- "I'm on a seafood diet. I see food and I eat it."
- "I made a pencil with two erasers. It was pointless."
- "I'm reading a book about anti-gravity. It's impossible to put down!"
- "I had a neck brace fitted years ago and I've never looked back since."

Baden Veterinary Hospital



Dr. Rebecca Ricker & Associates

50 Foundry Street
Baden ON N3A 2P6

519-634-8880
badenvets@bellnet.ca

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



New Clients Welcome!

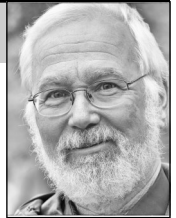



EINWECHTER PLUMBING & HEATING

Plumbing, Gas Piping, Renovations, Water-treatment,
In-floor Heating, Sewer & Drain Cleaning, and more!
On the Road in Wilmot and coming to you!

Call 519 573 8662
einwechterplumbing@gmail.com

Baden Birding ~ Annual Christmas Bird Count - 2022 By Ken Quanz



The season for the annual Audubon Christmas Bird Count in North America is now over. For the next several weeks, reports from each of the count areas will be filed, checked, then posted to the Christmas Bird Count homepage to be shared with any interested individuals, NGOs, and Government agencies which are looking for statistical trends.

Each individual Christmas Bird Count has a specific location which is described by a circle which has a 16 kilometer radius (804.6 square kilometers). In Waterloo Region, there are three official bird count areas: Kitchener, Cambridge, and Linwood. Some birders participate in only one of the counts, but many take part in two or all three. The Kitchener count always takes place on a Saturday before Christmas, while the Cambridge count is scheduled for the next day which is Sunday. Linwood counts are always held after Christmas Day.

This year I was only able to participate in the Cambridge count, which I have taken part in since 1990 with few exceptions. The count area is divided into 10 areas which are approximately equal in size, each being delineated by roads. You may count birds only within your area, but you may make note of birds in the next area, and then share that information with the people in that area. This is especially useful if rare birds are sighted.

Usually, each area is subdivided into several parts so more observers can cover the total area without counting the same space twice.

This year presented my team with a new challenge. As people get older,

have health problems, or have other commitments on the count day, some areas end up with no count team. Last year, the count coordinator and I covered a “new to us” area for another group with health issues. This year we also had to cover a new area. This presents several new challenges and rewards. The area is fairly large for just two people to cover well, but since both areas are on the south end of the circle, we have seen Eastern Bluebirds each year! Our Eastern Screech Owl count was also good because we were able to find scrubby bush near open water!

With fewer participants this year, and with a fairly windy, snowy day, our Cambridge count found 55 species, down from a high of mid 70s established several years ago. Part of this was due to the lack of northern bird “eruptions” caused by poor seed crops. No Red Polls, Pine Siskins, or Crossbills were seen on the count. While Grebes were seen the week before, none were counted on count day, but a Wilson’s Snipe made an appearance. Over the years participants have seen a total of 127 species! Rare birds from other areas, or other seasons, are always exciting, but often are not part of the true picture of birds which normally use this area at this time. Examples of these are Snow Goose, Blue-Winged Teal, Lesser Scaup, Long-Tailed Duck, Common Loon, Osprey, Barred Owl, Eastern Phoebe, Blue-gray Gnatcatcher, and Red Gnat Catcher.

If you are interested in participating in next year’s Annual Christmas Bird Counts, please contact me through the Baden Outlook. I hope there are many new-to-you birds in 2023!



Audubon
CHRISTMAS BIRD COUNT

Baden Birding Sponsored by:



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

Baden
FEED & SUPPLY LTD.

519-834-5474 • 1-800-265-2365

76 Mill Street, Baden

Cheers to 2023!

New year means new great deals! Come on in today and get yourself a 8kg bag of our Baden sunflower chips on sale for only \$32.95!



Fill in the table below with words corresponding to each category... starting with the letter ‘C’.

Birds	Fruits	Board Games	Animals
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.

Baden ~ Our Town

The Baden Community Association and EJ's hosted another sold out New Years Eve Kid's Party. Erick Traplin had the kids on their feet dancing and a great meal was provided by EJ's restaurant - over \$400 of door prizes were handed out. Councillors Harvir Sidhu and Kris Wilkinson (both BCA members) were on hand to help at the event.

Thanks again to the Baden Chamber of Commerce for lighting up Baden at the Foundry Street and Snyder's Road intersection. The display really adds to the seasonal spirit. The Chamber also are responsible for the colourful banners that are hung throughout the town. Amazing!



The Baden Community Association will be hosting another Family Day event upstairs at the Wilmot Recreation Centre. Refreshments, snacks, and games will be on hand so families and friends can get together and socialize. Congratulations to HabsFan79 for winning the Baden Community Association free NHL Elimination Pool. It is still early in the season and the BCA will be launching another round in which everyone may participate. It is a free simple pool to enter – just pick one team each Saturday that will lose a game. The trick is that you can only pick that team once. Visit the BCA website at www.baden.ca for more details.

Thanks goodness for the long awaited pavement along Snyder's Road—everyone is thankful! Baden residents have been very patient throughout the construction. But has anyone else noticed that the incline going east on Snyder's just after the tracks has become steeper... Or optical illusion?

Restless indoors and looking for a change? Call on these experts for help!

Definitive
Kitchen & Bath Solutions
Division of Danke's Heartwood Interiors Inc.

3536 NAFZIGER ROAD, WELLESLEY, ON
519-656-2062 • www.definitivekitchens.com

Benjamin Moore
SKOWRON
Decorating & Design
"We'll help turn your house, into a home."

READERS' CHOICE 2020
PLATINUM WINNER

(519) 662-1142 | 85A Huron St. New Hamburg, Ontario
www.skowrondecorating.com
(Curbside pickup only, check our website for more details)

JW **JON WITZEL**
CONTRACTING LTD.

Whatever Your Expectations,
Our Goal is to Exceed Them.

519-662-4239
jonwitzel.com

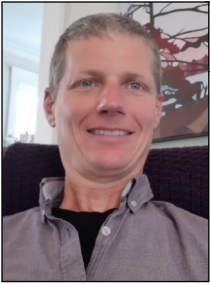
COMMERCIAL
RESIDENTIAL
AGRICULTURAL

poole
ELECTRIC LTD.

ESA # 7000298
- Residential
- Commercial
- Industrial
- Agricultural

Phone: 519-656-2909
Email: admin@pooleelectric.ca
www.pooleelectric.ca

Celebrating 40 years!



Memories By: Chip Bender, Registered Psychotherapist (qualifying)



The human brain can hold a great deal of data, often stored in the form of memories from time past. It is amazing to witness the detail people can recall when asked about a favourite childhood memory even decades after it has happened. The same capacity to hold fond memories can also be utilized to harbour regrets or resentments, which, if we allow them, can continue to replay repeatedly in our minds like a horrible movie we did not like the first time we saw it, let alone the tenth time. The unfortunate part is we continue to allow ourselves to watch the reruns of the memory while enjoying it less each time we see it.

Several weeks ago, I met with a pastoral team for a coaching session on conflict and collaboration. The white board I had requested to use for the session had erasable marker on it, which was no longer erasable because it had been on the whiteboard for months. The whiteboard would have remained marred by the out-of-date writing had not one of the pastors sprayed some marker cleanser on the whiteboard to easily wipe off every bit of marker residue. The freshly cleaned

whiteboard elicited a comment about the potential benefits of being able to easily do the same thing in life to start off with a clean slate after any bad experience.

The problem is humans tend to store their memories and the bad feelings rather than trying to rid themselves of them. Animals on the other hand are pros at shaking off any bad experience they have had and moving into the next moment with a clean slate. Clients of mine who are pet owners know about animals shaking off any bad memory and the accompanying excess energy generated by a perceived threat that does not materialize. Unlike our furry fellow mammals, humans forego the shaking and allow the memory and the excess energy to continue to accumulate until we have reached a breaking point causing the emotions to erupt unexpectedly or rot from the inside out.

Occasionally, when a client is noticeably agitated by a recent experience, I will leave the room and invite them to listen to Jerry Lee Lewis' "There's a Whole Lotta Shakin' Goin' On" while they shake as much as they feel comfortable to shake off any excess energy. Clients have reported on improved feelings following the shaking exercise. I will incorporate the same strategy after particularly difficult sessions so as not to carry the excess energy into future sessions. I have wondered about offering an Etch-A-Sketch to clients for scribbling their old memory on the pad before shaking it off. If you have an Etch-A-Sketch at home, you could try using this strategy, or donate it to ICC.

This method of shaking may work for most of the everyday kind of annoyances and troubles we encounter. For more significant trauma it may be necessary to speak with a professional to assist you in addressing it.

APPLY CONTRACTING LTD

Is it time for new Windows or Doors?



Call Rod Coombs
519-744-6888

SAWDAC.
SIDING AND WINDOW DEALERS
ASSOCIATION OF CANADA

ENERGY STAR MOST EFFICIENT
REGISTRY

VISA We accept Visa & MasterCard

www.applycontracting.ca

 **SILVER SPRINGS**
contracting

Decks & Fences
Concrete Driveways, Sidewalks & Patios
General Contracting

Tyler Hoffman / Call 519-465-5211
Email: thoffman@silverspringscontracting.ca
www.silverspringscontracting.ca



EcoNugget

Why is Canada struggling to eliminate plastic waste?

- Because federal and provincial governments are relying almost exclusively on **recycling**.
- The truth is that it is **not possible** for recycling to eliminate plastic waste.

Tell the federal government and your MP to focus on REDUCING and REUSING!

- Expand the single-use plastic bans to include additional harmful items such as takeout beverage cups and lids.
- Require products and packaging to be reused/refilled and ensure local systems are in place to make reuse/refill widely available and affordable.
- Eliminate toxic plastic additives that pose a risk to our health and make recycling unsafe
- Reject false solutions that are polluting and energy-intensive, including the burning of plastic waste as fuel, which only serves to keep the plastic tap flowing.

For more information go to:
environmentaldefence.ca

Join us on **Tuesday, March 21st** for our next NVEB free educational webinar entitled: **“Electric Vehicles – Do you have a question? (Talk with owners).”** The emphasis in this webinar will be on giving participants lots of time to ask a panel of electrical vehicle owners questions about their experience with an EV. More details coming soon on our website:
<https://nvecoboosters.com>

Our next NVEB general monthly meeting will be held at **7:00PM on Wednesday, January 25th**. Please contact us via e-mail: nvecoboosters@gmail.com or call **519-662-9372** if you would like to participate in this "Zoom" meeting.

Don't wait. Help our communities. Help our environment.

CAR CARE

J.R. AUTO SERVICE

SCOTT OLHEISER
Owner/Mechanic

P 519.634.5986
E scottjrautoservice@gmail.com

1439 Gingerich Rd, Unit B1, Baden, ON



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
dannyshantz@badenauto.ca



Murray Erb
Manager

CSN - E & L COLLISION
374 Hamilton Road, Unit 4
New Hamburg, Ontario N3A 2K2

519.662.1892 x.501
merb@likenew.ca
cscollision.ca/el



Expressway 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”



Premier RUST CONTROL & Car and Truck Cleaning

154-B Arnold Street, New Hamburg, ON
Phone 519-662-3333

Low-Drip Oil Spraying
Protect and Preserve your investment
Cars, Vans, Trucks, Boats & RV's
Exterior & Interior Auto Cleaning & Detailing



Outlook Geography ~ The Mystery of the Volcano

One of the more popular current documentaries on Netflix is the movie *Volcano*. After watching, the movie left us with many more questions regarding volcanoes, which we will share here.

Volcanos on the ocean floor. About 80 percent of the Earth's surface including underwater, is of volcanic origin. Of the 1350 volcanoes there are 500 that have erupted in our historic time with many of them located in the "Ring of Fire" in the Pacific Rim. There are also many volcanos located on the pacific coast of the Americas and also the Caribbean.

The word "volcano" comes from the word Vulcan who was the Roman god of fire. Volcanoes have three different classes: active - have erupted, whether it be gasses or minor earthquakes around it, in the last 10,000 years; dormant - one that hasn't erupted in the last 10,000 years but there is a chance that it might; and extinct - no chance of erupting again. Volcanoes hold hot liquid in them called magma and after it is expelled from the volcano it is called lava. After the lava has cooled down it turns into solid rock. The temperature of the lava can get up to 1250 degrees Celsius. The largest volcano in our solar system is not on Earth, but on Mars and is called Olympus Mons.

Volcanos are generally found at the tectonic plate boundaries. America ranks third for the number of volcanos behind Indonesia and Japan. There has been only one documented volcanic eruption in Canada in more-recent historical times, Mount Edziza, but there are many dormant volcanoes in western Canada, particularly in northwestern British Columbia. Canada's more significant risk is from explosive eruptions in adjacent Washington and Alaska. Prevailing winds would blow the ash into Canada, as has happened in the past.

There are roughly 1350 active volcanoes currently in the world, not counting the many underwater

The largest volcano on Earth is called Mauna Loa in Hawaii. From sea level it is 4,169 metres high. However, under the sea it also goes down another 5,000 metres. This would make it higher than Mount Everest! Since 1843, it has erupted 33 times.

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

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



Visit our website at www.badendentalclinic.com

The three most deadly volcanoes in recent time have been Mount Tambora, Indonesia on April 15, 1815. It claimed the lives of 120,000 people, and sent ash plumes 40 kilometres into the sky. It was the most powerful volcano in 500 years. Indonesia also had the second deadliest eruption on August 27, 1883 at Krakatoa, which claimed 36,000 lives. This eruption completely destroyed the island. The third deadliest happened in Laki, Iceland in 1783 with the eruption lasting eight months. The eruption resulted in a famine that killed over 10,000 Icelandic people, roughly a quarter of the country's population at the time. As Laki's toxic eruption travelled south, it killed 23,000 in Britain and caused a famine in Egypt.

Daniel Bisch
Division of Daniel's Heartwood Interiors Inc.

GENERAL CONTRACTOR

**Additions · Renovations · Custom Homes
Rec Rooms · Kitchens · Closets**

**www.danielbisch.com
519-656-2062**

— VISIONEERING SINCE 1984 —

NOTES FROM THE ATTIC- *Baden Roads Department - The Early Days*

During winter, Wilmot Township depends on the Wilmot Roads Department to keep the roads free of snow and ice. We had a visit with Norm and Evelyn Haufschild, (in 2004) and reminisced about the old days when Norm was the Township Roads Superintendent and Evelyn was a teacher at Baden Public School. (Both Norm and Evelyn have since passed away.)



The company, Eastman-Herner (Harley Herner's father), was the first plowing company hired by the Province of Ontario to plow the Regional roads in this area. They were responsible for Regional Roads ranging from Highland Road in Kitchener to Stratford, and north on Highway 19 to Milverton. The township took care of the other roads then and still do today.

Regional roads in our area include Erb's Road, Snyder's Road, Bleam's Road, Huron Road, Nafziger Road and NotreDame, (St. Agatha) to Queen Street, (New Dundee).

Norm Haufschild was the third Road Superintendent for Wilmot Township replacing Clarence Heipel in 1948.

Clarence took on the Township Clerk position. At that time, Road Superintendent was considered a part-time job paying 80 cents an hour. Six months later it became a full-time position. Norman had a six mile section of road that he graded with a team of horses. About ten local farmers were also paid by the township to grade sections of road. The township owned two four-wheel drive trucks and a motorized grader. Two part-time employees helped out.



In 1948, Wilmot Township, which excluded New Hamburg at that time, had 133 miles of roads that needed to be serviced. It was not until regional government was introduced that New Hamburg was included in Wilmot Township and supported for roadwork.

Many locals might remember the storm of 1947 that shut down the township for days. Seegmiller Construction from Kitchener brought out bulldozers to plow ahead of the snowplows. The snow banks in some spots were as high as the telephone wires and many people were hired to shovel the snow back from the banks.

The roads department annual budget in the early 50s was approximately \$50,000. A couple of years later it had

increased to \$100,000. Norm was responsible for keeping track of all the monthly expenses and submitting them to the administrative office in Stratford.

He was also required to attend council meetings at the town hall. The roads department built many bridges in the area. The first one was built on Road #8 just north of New Dundee. The provincial government paid for 80 per cent of the bridgework and 50 per cent of other roadwork at that time. Norm personally developed the numbering system of the township roads which remained in effect until the recent re-naming. All the east-west roads

were single digits and all the north-south roads were double digits. They started at the Wellesley line and worked their way south. This helped in directing workers to jobsites and the local area fire departments.

Josslin Insurance

a Real Insurance broker

**OUR FARM
INSURANCE SPECIALISTS
LIVE AND WORK
RIGHT WHERE YOU DO.**

So we understand
your unique needs
and concerns.

519-662-1644
www.josslin.com

24 HOUR CLAIM ASSISTANCE



SYLVAN SKI-DOO ARGO EVINRUDE EZ-GO TRAILERS GO KARTS LAWN & GARDEN

PARTS SALES SERVICE

114 Arnold St. New Hamburg

On N3A 2C7

E-mail info@blueskymarine.ca

Ph. 519 662-1461 1-877-740-2628

Fax 519 662-1101

Web www.blueskymarine.ca

The original township shed was located at the present site of the Wilmot Seniors Workshop, at the corner of Beck and Mill Streets. Three bays stored a grader and two trucks. There was a small office in the garage in which Norm worked until the move to Centennial Hall (now Beck Hall) in 1967.

The township roadways required a 66-foot clearance from farmers' land. As the roads became busier the department had to move fences back or take down the existing cedar rail fences (snake fences) and install new wire fences. They used calcium chloride on roads in front of houses to keep the dust to a minimum in the summer and trimmed trees that grew too close to the road. There also existed a ritual of installing snow fences every fall and removing them every spring. Trees were planted at times to create a windbreak. The road crew hired paving companies to pave the roads, Sandhill's Road North from Snyder's Road to Erb Road being the first to be paved under Norm's supervision.

When Norm Haufschild retired in 1976 the township presented him with an award of recognition for his work. By then the township owned two motorized graders, five trucks, a tractor with a backhoe and loader, seven snowplows, and an increased work force. Although most of his days were 7 am to 6 pm shifts, according to Norm there were many longer days, especially in the winter.

Reduce to Produce Answers on page 32

Eliminate words from the clues below. The remaining words will create the answer to this riddle.
(Read remaining clues left to right, top to bottom)

What did the big, fluffy toque say to the warm, wooly scarf?

A	B	C	D
MITTEN	THE	TREE	YOU
HANG	COLD	METRE	FUSS
RED	AROUND	TOQUE	WHILE
I	SHE	GO	SEE
INCH	ON	WET	GLOVE
ME	MESS	AHEAD	WHITE

1. Remove all words of winter clothing
2. Remove all words containing "SS"
3. Remove all measurements of length
4. Remove all 3-lettered words in column B
5. Remove all words describing snow
6. Remove all words that are colours
7. Remove all words that rhyme with "FREE"

Write leftover words here:

Visit Our Retail Store!

a family tradition for five generations
CRESSMAN.
MEAT
562 Huron St
New Hamburg
(519)662-1740
www.cressmanmeat.com
 Open Wednesday - Saturday

SAVE WITH A BUNDLE

Family Bundle

\$150

4lb Ground Beef
 4lb Pork Sausage
 4lb Chicken Breast
 3lb Pork Chops
 3lb Bacon
 8 Beef Burgers
 12 Large Wieners

NEW

Winter Bundle

\$100

3lb Chuck Roast
 3lb Ground Beef
 4lb Pork Sausage
 6pc. London Broil
 Stuffed Chicken Breast

Breakfast Bundle

\$40

2 Dozen Eggs
 12 Breakfast Sausages
 1lb Bacon
 1lb Peameal Bacon
 1lb Back Bacon

NEW

January Bundle

\$50

1lb Stew Beef
 1lb Bacon
 4pc. Chicken Schnitzel
 4pc. Fresh Pork Chops

massel's marine

38 Milton Street
 New Hamburg, ON

Phone: (519) 662-1650
 Toll Free: (866) 627-7357
sales@masselssmarine.com

~ Factory Trained Technicians
 ~ Parts & Accessories
 ~ Shrink Wrap & Winter Storage
 ~ In House Financing

www.masselssmarine.com



Let US Help Take Care of YOU!

Baden Integrative Health

Working together to help you achieve Optimal Health



THANK YOU

for Awarding us Platinum for
Chiropractic Clinic
Physiotherapy Clinic / Services
Chiropractor – Dr. Plante

- CHIROPRACTIC • ACUPUNCTURE
- CUSTOM ORTHOTICS • PHYSIOTHERAPY
- ACTIVE RELEASE THERAPY • REG. MASSAGE THERAPY

ONLINE BOOKING
AVAILABLE
WE CAN DIRECT BILL

Baden Integrative Health
36 Snyder's Road E, Suite 1
Baden, 519-279-1083
www.badenintegrativehealth.com



BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

Eye Exams – Glasses – Contact Lenses – LASIK Consultations

(519) 214-2020

21 Snyder's East

badeneyecare@gmail.com

*New Patients
Welcome!*

Tues 9-5 | Wed 9-1 | Thurs 12-8 | Fri 9-5 | Sat by appt.



Dolman Eyecare Centre

251 B (Back) Huron Street, New Hamburg

Evening appointments—New Patients Welcome

519-662-3340

Contact Lenses & Laser Consultations

www.dolmaneyecare.com

Progressive care that can enhance your quality of life.

Mariko Ogasawara RRPr.

Registered Reflexologist 519-634-8935



Reflexology: Relieves tension
Improves circulation
Promotes natural healing

Reflexology Registration Council of Ontario
Grand River Reflexology Associate

Guardian



Cook's Pharmacy
PROUDLY INDEPENDENT

Eric Henderson

BScPhm, RPh

Pharmacist

cookspharmacy75@gmail.com
cooksrx.ca

T: 519-662-2640

F: 519-662-4170

75 Huron Street
New Hamburg, ON N3A 1K1



Located 5 minutes west of Waterloo
1760 Erb Street Unit A
St. Agatha, Ontario
519-725-4282
www.pfenningorganic.ca

PFENNINGS ORGANIC FOOD BOX

For Fresh, Home-delivered Certified Organic Produce & Food
Order Online, Call Us or Shop in Store

WE OFFER

Local/Imported Certified Organic Fruits & Vegetables
Organic & Natural Food • Bodycare Herbs • Organic Meat & Dairy

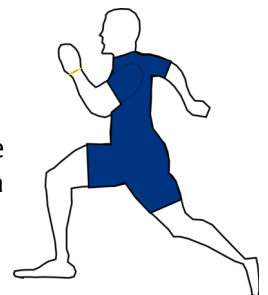
STORE HOURS

TUES - THURS: 9AM - 6PM | FRI: 9AM - 8PM | SAT: 8AM - 5PM

Let's face it, everyone wants to look and feel younger than their years. If there's a potion, pill, cream or scheme that guarantees the glow of youth, people are willing to pay top dollar for it.

But is that really necessary? What most people need is a simple forklift—to pry them off the couch, that is! Many supposedly age-related changes in the body are simply a matter of being out of shape. Inactivity carries a hefty price tag: loss of muscle tone and strength, stiff joints, lack of zip, slower metabolism, increased body fat, and a less efficient heart. Cancel the plastic surgery and toss the magical pills and don't spend a penny.

Get up! Don't delay... staying young can start today!



PREVENTING INJURIES DURING THE WINTER SEASON

By Dr. John A. Papa, DC, FCCP(C) - New Hamburg Wellness Centre



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.
- Use safe snow shoveling **techniques**. 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.
- **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.

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
- Registered Massage Therapy
 - Physiotherapy
 - Custom Orthotics
- Naturopathic Medicine
 - Nursing Foot Care
- Social Work & Counselling

New Patients Welcome!



Proudly serving Baden, New Hamburg and surrounding communities.

**417 Waterloo Street, New Hamburg
519.662.4441 www.nhwc.ca**

Outlook Tid-Bits from the Past

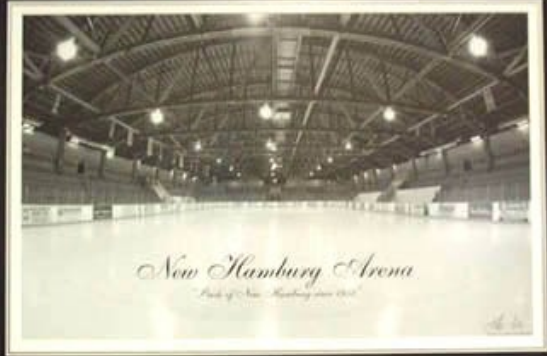
Seen here are two interesting tid-bits from 2004—highlighting the upcoming plans for both the new Baden Public School and our amazing Wilmot Recreation Complex. How time flies!!

The Scoop on The New Baden Public School

Taken in part from a featured article published in the Nov. 2004 issue.

After months of suggestions and thought, the Waterloo County School Board decided it would be best to retain the name for the new public school, set to open in September 2006, “Baden Public School.” The first principal, Jo-Anne Soye, (currently principal at Wilmot Senior Public School) said that Sir Adam Beck, James Livingston, and Wilmot District Public School were other names that were considered.

The school will be an amalgamation of Wilmot Senior, Baden Public and the recently closed North Wilmot School. The school will accommodate junior kindergarten to grade eight and is expected to open with over 500 students. The current Baden Public School has an attendance of approximately 260 students. The new school is prepared to accommodate the town as it continues to grow.



Multi-Use Recreation Facility Fundraiser

The Field of Dreams Campaign is offering this limited edition print which is entitled “Pride of New Hamburg since 1950” (16” x 24”) This is a MURF fundraiser and, to date, 55 of the 300 prints have been sold. Orders placed by December 10th at the township office will be delivered by Christmas.

Unframed Print: \$100.00 + taxes

Framed Print - Single Mat: \$185 + taxes

Framed Print - Triple Mat, Non-Glare Conservation

Glass: \$265.00 + taxes



**NEWhamburg
DENTAL GROUP**



519.662.2632

We love kids!

Braces

**Digital implant
solutions**

**Direct billing to your
insurance**

DR MANNING CHIANG

DR MIYEN KWEK

DR RUTH MACCARA

Drop One For Fun

Answers on page 32

Write the five-letter answer to clue #1 in the first box. Drop one letter and rearrange the remaining letters to answer clue #2. Put the dropped letter into column A. Drop another letter and rearrange the remaining letters to answer clue three. Put the dropped letter into column B. Follow the pattern for each row into the diagram. When completed, the letters in column A and column B, reading down, will spell New Year's Eve words. Have fun!

	A		B	
1		2		3
4		5		6
7		8		9
10		11		12
13		14		15

1. Type of shoe for sports
2. After the expected time
3. Beverage found at a bar
4. A kangaroo has one of these
5. Sudden seizure of power
6. Drinking vessel
7. Most suitable
8. Set down
9. Top or cover
10. Mixture or puree
11. Before
12. Valve to control water or gas
13. Considerable or significant
14. A hinged barrier
15. A length of time



Full Mechanical Services

Alignments Oil Changes
 Suspension Brakes
 Licensed Vehicle Inspection Station

Tires for all Vehicles

Passenger & Light Truck Heavy Truck
 Farm Tires Lawn & Garden

Campers, RV's, ATV's & more

1413 Gingerich Road, Baden

519-662-4990 OKTIRE.COM

You Must Be Joking!!



A woman has a problem with her wardrobe door in the bedroom. Every time a bus passes outside the house, the door of the wardrobe would fall off.

She called a repairman to try and fix the problem. The repairman comes and he sees that indeed the door did fall off every time a bus passed by.

"Okay!" said the repairman, "I'm going to step inside the wardrobe, you close the door behind me until I see if I can detect what the problem is" and he steps into the wardrobe. The wife closes the door behind him.

At this point, the husband suddenly arrives home and finds his wife in the bedroom talking to somebody. He rushes upstairs and opens the wardrobe door, sees the repairman and shouts, "What the heck are you doing in there?"

The repairman meekly replies, "Well believe it or not, I'm waiting for a bus!"



Community Corner ~ Check Out What's Going On!

Calendar Fundraiser December Winners



Rotary
Wilmot



Congratulations Winners!

- * Art and Janet Long \$50 Gift Certificate to Twice the Deal Pizza
- * David Simon \$50 Gift Certificate to Town Pantry Health Store
- * Kelly Metzger \$50 Gift Certificate to Heritage Pet and Garden
- * Faye Mayer \$50 Gift Certificate to Is This Chair Taken
- * Mark Grierson \$50 Gift Certificate to Jake and Humphreys

Only YOU Can Prevent Cooking Fires



Cooking left unattended is a leading cause of home fires in Ontario.

Install **smoke** and **carbon monoxide** alarms on every storey of your home.

Test them every month.



How do I keep myself and my loved ones safe?

- To prevent cooking fires, you must **be alert**. You will not be alert if you are sleepy, have consumed alcohol, drugs or medicine that makes you drowsy.
- **Always stay in the kitchen while cooking.** If you must leave, turn off the stove.
- Keep anything that burns—*oven mitts, cooking utensils, dish cloths, paper towels and pot holders*—a **safe distance from the stove.**
- Keep a **proper-fitting pot lid** near the stove when cooking. If a pot catches fire slide the lid over the pot and turn off the stove. Do not move the pot until it has cooled completely.
- Loose-fitting clothes can come into contact with stove burners and catch fire. **Wear short sleeves, tight sleeves or roll them up** when cooking.



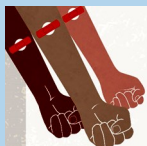
For more information contact your **local fire department.**



Wilmot Fire Department
60 Snyder's Rd WBaden ON N3A1A1
519-634-8444/fire@wilmot.ca



Office of the Fire Marshal and
Emergency Management
ontario.ca/firemarshal



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



Canadian
Blood
Services

Blood Donor Clinic

Monday, January 16th and Feb 20th
Steinmann Mennonite Church
1316 Snyder's Road W., Baden

Wilmot Lions/Lioness 12 Days of Christmas Draw Winners



Day 1	Gary McNeil	\$500
Day 2	Laurie & Scott Clark	\$500
Day 3	Jodie Evans	\$500
Day 4	Chris and Erica Hall	\$500
Day 5	George Milligan	\$500
Day 6	Peg Cattryse	\$500
Day 7	Theresa Kaup	\$500
Day 8	Tricia Miller	\$500
Day 9	Lisa Hughes	\$500
Day 10	Cathy Boniface	\$500
Day 11	Susan Hammer	\$1000
Day 12	Yvonne Ingersoll	\$2000

Congratulations winners!

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

3 ways to
leave a tip

Phone: 1-800-222-TIPS (8477),
Web: waterloocrimestoppers.com,
Text: to CRIMES and start your tip with TP152

*This space is generously donated by Expressway
Ford supporting non-profit community events*



Expressway
Since 1983
Motors Ltd.

New Hamburg & Stratford

*Looking for things to do this winter?
Check out these fun local events!*

Wilmot Recreation Complex

Public Skating

- Wednesdays from 1:00-1:50 p.m.
- Sundays from 2:30 p.m. -4:20 p.m.

New Hamburg Firebird Games

- January 20th at 7:30 p.m. vs Hespeler
- January 27th at 7:30 p.m. vs Tavistock
- February 10th at 7:30 p.m. vs Wellesley

Open Swimming (both pools open)

- Fridays 8:00-9:00 p.m.
- Saturdays 2:00-3:30 p.m.
- Sundays 2:15-3:45 p.m.

The Active Living Centre is a gathering place for older adults (ages 55+). The facility features a billiards area, lounge area, gaming area, lending library, and offers a variety of activities to help you live a healthy and active lifestyle!

Scran & Dram

-Every Thursday, music bingo from 7:30-9:30 p.m.

EJ's at Baden Hotel (Live Music)

- January 21st from 7-10 p.m. Sally Chancer
- February 11th from 7-10 p.m. Winnipeg Wind

Art Camp for Adults

For years I've had kids coming for art camp and when adults drop off their kids I often hear "I want to stay too". Well, this is your chance!

Unwind by a cozy wood fire in the relaxing antique Stonehouse on our farm located close to the Wilmot Rec Centre.

There will be some group instruction, as well as space for individual interests. If you are totally new, mentoring each step of the way is available. If you need materials, inspiration, space and time to create, this is for you!

We often start with card making designs that might grow into something more. Card making is a great way to dabble in a huge variety of techniques.

There are only a few spaces so that the group is small.

Materials are included except for special big projects. If some big dreams develop, we can work out the details.

Sign up for a month at a time — 4 sessions for \$100 or by the week for \$35

To learn more and register
email:cheryl@writehand.ca
phone: (519)634-5503



**FREE
EVENT!**

Exercise: The Key to Healthy Aging

Lora Giangregorio, PhD
Professor and Schlegel Research Chair
in Mobility and Aging
University of Waterloo

WEDNESDAY JANUARY 18, 2023
10:00 A.M.

Location: Wayne Roth Meeting Room,
Wilmot Recreation Complex
1291 Nafziger Rd., Baden

For adults 55+ in Wilmot & Wellesley Townships
To register email coffeehousetalks2020@gmail.com
Phone WFRC: 519-662-2731



Funding in part by
The Government of Canada
New Horizons for Seniors Program

CONGRATULATIONS MARK WEBER!

1. A very successful term as President, Optimist Club of New Hamburg.
2. Recipient, Citizen of the year in Community Service.
3. Recipient, Jim Wettlaufer Memorial Award. Optimist Club of New Hamburg member of the year as voted by their members.

What a year!



New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

Invites you to join us for ...

Open House on Sunday, January 22nd
Meet our executive & learn about our legion!
Pork Dinner - Friday, January 27th 6 p.m. \$22
Entertainment with Michael Kelly on
Saturday, February 18th from 2-5 p.m.
Everyone welcome!

Approximate Township Population Information

	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Baden	4,653	4,742	4,935	4,996	5,005	5,013	5,030	5,114	5,125	5,161	5,178
Foxboro Green	430	430	430	430	430	430	430	430	430	430	430
Haysville	129	129	129	129	129	129	129	129	129	129	126
Lisbon	61	61	61	61	61	64	64	64	64	64	64
Luxemburg	27	27	27	27	27	27	27	27	27	27	27
Mannheim	1,067	1,071	1,071	1,071	1,071	1,071	1,071	1,071	1,071	1,074	1,074
New Dundee	1,220	1,223	1,223	1,229	1,226	1,226	1,235	1,235	1,238	1,238	1,238
New Hamburg	8,084	8,241	8,332	8,421	8,583	8,844	9,014	9,116	9,176	9,176	9,254
Petersburg	406	406	409	409	409	409	409	409	409	409	409
Philipsburg	80	80	80	80	80	83	83	83	83	83	83
Shingletown	113	113	113	113	113	113	113	113	113	113	113
St. Agatha	624	624	624	627	627	627	627	627	627	627	627
Sunfish Lake	13	13	13	13	13	13	13	13	13	13	13
Wilmot Centre	55	55	55	59	59	62	62	62	62	62	62
Non-Settlement	3,324	3,327	3,327	3,318	3,318	3,318	3,336	3,357	3,390	3,435	3,459
Township	20,286	20,541	20,828	20,982	21,151	21,429	21,643	21,850	21,957	22,041	22,157

December 31, 2022: Township of Wilmot Development Services

Get-fit Exercise Block



- 1-Place block on floor
- 2-Walk around it twice
- 3-Sit down! Relax.

Nice job, you just walked around the block twice!



The Whining Tree INC

519-662-4111
WINEMAKING SPECIALISTS
thewhiningtreeinc.ca



PHARMASAVE

Home Health Care

Town Square Pharmacy

100 Mill St, New Hamburg P. 519.662.9995 F. 519.662.9984

Front Store • Cosmetics • Cards & Gifts • Vitamins & Supplements • Special Orders • Mail & Receiving Parcels • Processing Postal Transactions

Pharmacy Services • Phone, Online & Mobile • Medication Sync • Compliance Packaging • Injection Administration • Specialty Compounding

Post Mastectomy Products • Certified Fitters for Compression, Lymphedema & Post Mastectomy

Home Health Care • Assisted Device Vendor (ADP) • Personal Aids to Daily Living • Lift Chairs • Ostomy

Bath Safety • Mobility Aids • Hospital Beds

RENTAL OR PURCHASE



It's easy to transfer your prescriptions here!

Wilmot Events - Logic Problem Brain Buster!

*Note — These are not true to life events, just simply a game to entertain you...Have fun!

Can you find out which local went to each event, at what location, and when? No two can go to the same event, location, or on the same date!

		WHO				EVENT				WHERE			
		Barry	Harv	Sherri	Natasha	Optimist Event	BCA Event	Cruise Night	Food Truck Fest	Wilmot Rec	Grandstands	Baden Millpond	Beck Park
WHEN	August 30th												
	July 10th												
	September 3rd												
	June 25th												
WHERE	Wilmot Rec Complex												
	Grandstands												
	Baden Millpond												
	Sir Adam Beck Park												
EVENT	Optimist Event												
	BCA Event												
	Cruise Night												
	Food Truck Fest												

Clues

- The Optimists event was not in June or July and it was not at the grandstands.
- There was no event at the Millpond in June or September.
- The four different people who went to events were: Natasha, the one who attended the September event, the one who attended the Sir Adam Beck Park event, and the one who attended Food Truck Fest.
- Barry didn't attend the Cruise Night or the BCA event as he was traveling in July and August. He did go to the Grandstands.
- Harv missed out on the event at the Baden Millpond, but he was able to make it to the event in August.
- Sherri booked off the 2nd week in July but did attend the Rec Complex event, which was not Cruise Night or the BCA event.
- Harv attended Cruise Night and Sherri went to the event in September.



Answers on page 32

Instructions:

Put an 'X' for no and a '●' for a yes in this pure logical deduction game. When you discover an item, make sure to put an 'X' up/down and across both ways eliminating all other options in that category and then fill out the answer chart to the right.

Logic problem tips:

-Use a pencil instead of pen so you can erase if you error!

-Read over all the clues and fill in the answer chart what you know from the first deduction. You may need to reread clues.

-Remember, only one from each category can have a solid '●' for a yes.

WHO	WHEN	WHERE	EVENT
Barry			
Harv			
Sherri			
Natasha			



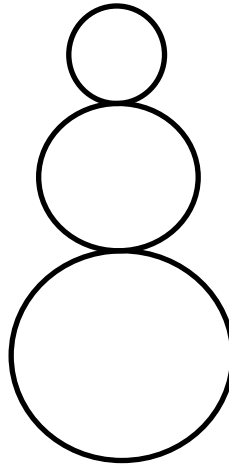
Featured vintage Valentine Postcards dated from 1910—Courtesy of Betty Forler

Kids' Corner

HAPPY NEW YEAR!!

Winter Word Scramble
Rearrange these letters to make winter words!

Add eyes, nose, mouth, arms, and a hat to create your own snowman.



What sled did each of these kids ride down the hill?



C E I _____

W O N S _____

S E L D _____

S T O B O _____

O L D C _____

I'm round and white with an orange nose... what am I?

I keep hands warm and rhyme with kitten... what am I?

I am thin and sometimes not seen but can make you slip... what am I?

Local Churches Invite You to Join Them

Steinmann Mennonite Church

Sunday Worship 9:45 a.m.
www.smchurch.ca

Zion Philipsburg Lutheran Church

Sunday Worship 10:30 a.m.
www.philipsburglutheranchurch.ca

Emmanuel Lutheran Church

Sunday Worship 9:30 a.m.
www.petersburgchurch.org

Shantz Mennonite Church

Sunday Worship 9:30 a.m.
www.shantzmcc.ca

St. James Lutheran Church

Sunday Worship 9:00 a.m.
www.stjamesinbaden.org

Wilmot Mennonite Church

Sunday Worship 10 a.m.

St Agatha Mennonite Church

Sunday Worship 10 a.m.
All are welcome. 519-634-8212



KINDRED Credit Union / MEMBER OWNED SINCE 1964



Concerned about your investment portfolio?

We're here to help.

Speak with a member of our **Wealth and Investment team** to get a *second opinion* on how to manage your investments in these turbulent times.

You could be eligible to receive 50 dollars cash.*

100 Mill Street, New Hamburg
1.888.672.6728
www.kindredcu.com

JOIN THE CONVERSATION!



*Terms and Conditions apply.

As we welcome in 2023, the question I am hearing the most is... “what is your New Year’s resolution?” We all know that some New Year’s resolutions are short-lived and some are life-changing! If you are looking for a New Year’s resolution that will be life-changing, I urge you to consider getting involved with your community. The last few years have been tough and it feels like we are all looking for a sense of normalcy again.

Many of us have already taken our first steps back, whether that be to school, heading to the stores, or dining in a restaurant. For some, the first steps back have been a great relief, but for others, it has all been a little overwhelming and stressful. If you are finding it tricky to get back out there, simply take your time.

New Hamburg thrift store is a great place to start your journey of getting back to normal and meeting new people while serving your community. Whether you are recently retired or a student needing community service hours for your diploma, volunteering can be fun for

everyone! We currently have several volunteer openings to get you out of the cold and gathering with friends. Whether you want to learn a new skill or contribute your life learned skills to a good cause, we have a position for you! Bring a friend and make it a social event to look forward to every week or come by yourself and see who you meet!

For those of you who don’t head south for warmer weather, January and February can be months you feel like hibernating; however, we are not bears so we don’t get that privilege! As Canadians, we still need to brave the cold, no matter how bad it gets. That doesn’t mean you can’t enjoy it and embrace the opportunities all around you. If you’re anything like me, those wintry blowing snowy days can hit hard but on the days that the sun is shining and the snow is so beautiful all around us, you must take a moment and enjoy the magnificent sights. We are blessed to live in a location that gets 4 seasons - so embrace the winter because before you know it, we will be singing the sweet songs of spring.

2023 is here! I challenge you to make your New Year’s resolution a life-changing one that you can feel good about for years to come! Donate, volunteer, and support your local MCC Thrift Store.

Please reach out to newhamburgthrift.com and fill out a volunteer application, Or you can email me at jenniferwoolner@mcco.ca

Current Volunteer Needs

- **Backdoor Receivers – Greeting donors and accepting donations**
- **Clothing Sorter & Price Taggers**
- **Truck Drivers**



Happy New Year’s to all and blessings for 2023.

GIVE YOURSELF A FRESH START
Donate items you don’t use anymore!



[f](https://www.facebook.com/mccthriftontario) [@](https://www.instagram.com/mccthriftontario) [t](https://www.tiktok.com/mccthriftontario) | mccthriftontario.com/newhamburg
41 Heritage Dr, New Hamburg



Baden Outlook

PROUD SUPPORTER AND PRINTER OF

Baden Outlook

ritzprinting

EXCEPTIONAL SERVICE
ADVANCED TECHNOLOGY
PREMIUM QUALITY

MORGAN MILLER www.ritzprinting.com
New Hamburg • 519.662.2200 • info@ritzprinting.com

Now and Then

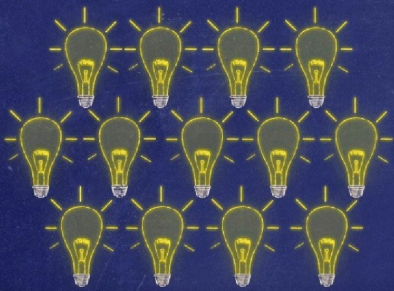
Snyder's Road and Foundry Street in Baden.



Pictured above is a partly charred Theatre Block building from 1949. Pictured below is the same building in 2004 when Antiques by Mel store was closing. Pictured to the right is current day building with Pizza Express!



Goals



Strategy



Growth



FINANCIAL | RETIREMENT | ESTATE | TAX | INSURANCE

Book a free consultation today!



**(519) 662-4001 - kltwealth.ca
1B-148 Peel Street - New Hamburg, ON**



Portfolio Management services are provided by Quintessence (Q) Wealth.
KLT Wealth Management is an owner and Partner in the Q Wealth Partnership.

Cook's Corner

It's no secret how very expensive produce is right now. My mom once said that they usually just ate the vegetables that were in season and typically through the winter it was cabbage, potatoes and other root vegetables. So this may be a good time to put on a pot of soup... cabbage perhaps? Check out this recipe from Janet and Greta of the fun cookbook *Crazy Plates*.



Cabbage Patch Soup

- 1 pound lean ground beef
- 1 cup each chopped celery and onions
- 1/2 cup chopped green bell pepper
- 1 clove minced garlic
- 1 can (28 oz.) diced tomatoes, undrained
- 1 can (5-1/2 oz) tomato paste
- 5 cups low-sodium, low fat beef broth
- 2 cups peeled, cubed potatoes
- 1 cup chopped carrots
- 2 tbsp red wine vinegar
- 1 tbsp sugar
- 1 bay leaf
- 1-1/2 tsp dried basil
- 1 tsp paprika
- 1/2 tsp each salt and pepper
- 3 cups thinly sliced cabbage

Despite its impressive nutrient content, cabbage is often overlooked. Cabbage is highly nutritious and rich in vitamin C, fiber, and vitamin K. What's more, some research suggests that it may support digestion, improve heart health, and decrease inflammation. It comes in a variety of shapes and colors, including red, purple, white, and green, and its leaves can be either crinkled or smooth.

In a large soup pot, cook beef, celery, onions, green pepper, and garlic over medium-high heat until beef is browned. Add all remaining ingredients, except the cabbage. Bring to a boil, then reduce heat to medium low, cover and simmer for 30 more minutes.

Then stir in the cabbage and simmer for 30 more minutes. Remove bay leaf before serving. Makes 8 healthy servings.

Additionally, cabbage is loaded with vitamins and minerals. In fact, just 1 cup, or 89 grams (g), of raw green cabbage contains:

- Calories: 22
- Protein: 1 g
- Fiber: 2 g
- Vitamin K: 56% of the Daily Value
- Vitamin C: 36% of the DV
- Folate: 10% of the DV
- Manganese: 6% of the DV
- Vitamin B6: 6% of the DV
- Calcium: 3% of the DV
- Potassium: 3% of the DV
- Magnesium: 3% of the DV



Proud member and supporter of Wilmot Township

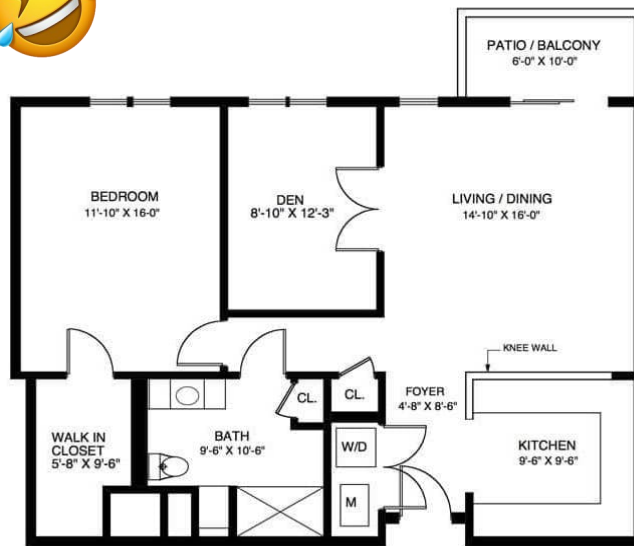
Specializing in car, property, farm, business, life insurance & more



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

"Protecting What Matters to You"

Looking at the map for some weekend travel ideas.



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

Here we are again, greeting a new year with the past one passing in a flash. For gardeners and houseplants lovers, you may be making plans or contemplating some modifications to your garden. If you love colour in the flower beds and pots, the colour of the year by Pantone is magenta and other companies also selected theirs such as warm yellow, and vining ivy. I love colour and I just follow my heart. Like home décor and fashion, there are trends and the gardening world is no different. The Pennsylvania Horticultural listed the gardening trends for 2023. WHS has been extolling virtues of the first four trends by offering webinars, speakers, and links to resources.



1. Gardens with ecological functions – People are continuing to see their gardens as part of a larger ecosystem. Why do you garden? If you love to support our ecosystems, incorporate native and pollinator plants, shrubs and trees that support our native bees, birds, and our butterflies such as the endangered Monarch butterfly.

2. “Leave the Leaves” - Leave your leaves on your property and convert them into compost, mulch or fertilizer to reduce landfill waste and to support many overwintering moths and insects’ habitat.

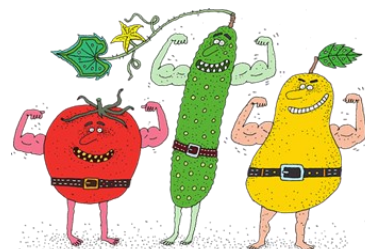
3. Reducing dependence on fossil fuels – Switching mowers, weed whackers, chainsaws, and leaf blowers to battery-operated options which help to reduce your carbon footprint. Most are quieter too!

4. Water-wise gardens and plants – With climate change, we are experiencing hotter and drier summers that tax our water resources. Consider water-wise gardens, xeriscaping, and drought-tolerant plants. Many of our native prairie plants and grasses will fit the bill.

5. The houseplant craze continues – Houseplants continue to be popular. With an increasing number and diversity of houseplants widely available through garden centers, specialty houseplant shops, online vendors and plant swaps, and Facebook groups. Our local nurseries offer a great selection and your membership card provides a discount.



6. “Fall is for planting” – Spring is a season of frenzied planting but Fall is a great season to plant perennials, shrubs, and trees to add color to the garden too! There is a wide selection of annuals and seasonal cold tolerant plants for fall visual interest, all featuring, beautiful foliage or interesting fruits and berries. These include colorful flowering salvias, celosias, asters, ornamental kales, and several plants with ornamental fruits. Many natives such as coneflowers, black eyed Susans, and non-spready goldenrods are lovely.



7. Food gardening thrives – The COVID-19 pandemic prompted a dramatic increase in food insecurity and the need to grow food. People are discovering that even with minimal space such as a back patio or a front porch, they can grow produce throughout many months of the year.

Looking for seed catalogues? Go to Seeds of Diversity website for listings. For ideas about native plants, this is a good site: <https://www.inournature.ca/resources>. Visit the Wilmot Horticultural Facebook pages to see the ongoing list of webinars and resources or ask questions.

For 2023 events, garden stories, and info go to our Facebook pages and website.

Email: wilmothortsociety@gmail.com

Website: wilmothortsociety.ca

Let’s Tree Wilmot

Email: letstreewilmot@gmail.com

FB: facebook.com/letstreewilmot

Website: letstreewilmot.ca



Wilmot Horticultural Society



Keep your fingernails and knees dirty!

In the year 2023...

- ◆ Do the things you love more often.
- ◆ Let go of people or situations that drain you.
- ◆ Sometimes you need to get uncomfortable, to get comfortable.
- ◆ Wherever your attention goes, your energy flows.
- ◆ If you change your mindset, you will change your life.

Your local REALTOR® specially trained to assist SENIORS.

BLANKA MICHALE
 REALTOR® SRES, ASA
 Seniors Real Estate Specialist®
 Accredited Senior Agent™

www.seniorsinwaterlooregion.com

Direct: 519.500.3316

SELLING THE SENIORS' WAY

Aging Well In Wilmot Information & Active Living Fair



FREE EVENT!

**Thursday January 26, 2023
9 am - 2 pm
Wilmot Recreation Complex
(1291 Nafziger Rd, Baden)**

**Guest Speakers
Displays
Lunch Included
Door Prizes**

Agenda

9 - 9:15 am	Opening Remarks
9:15 - 9:30 am	Speaker: Matthew Isert Bender, ICC "Leaning into the Bittersweet: Finding Hope and Resilience"
9:30 - 10:15 am	SMART Exercises
10:15 - 11 am	Stretch Break/Coffee/Vendors
11 am - 12 pm	Panel: Older Adult Services in Wilmot
12 - 12:15 pm	Vendors/Door Prizes
12:15 - 1:15 pm	Complementary Lunch
1:15 - 1:30 pm	Door Prizes and Closing Remarks
1:30 - 2:00 pm	Vendors

**You must register for this event
by January 20, 2023**

Please contact
1-855-664-1900 or 519-664-1900 to RSVP

This event is hosted in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.





**“Building Trust,
One Home at a Time!”**

Direct: (519) 897 - 1507

jonlambert@remax.net



New Year, New You, Right?

After the New Years Eve celebrations are done, we often take time to reflect and see what kinds of changes we can make in our lives to make the new year better than ever. From life-changing goals to small improvements, resolutions can be a big motivating factor of change for many. While new years resolutions are a tradition for many, they may not work as well as we think.



The first known resolutions were made over 4,000 years ago in Babylon. The original resolutions were often religious in nature, where people made promises to the gods in hopes of earning good favour for the year ahead.

It's no surprise that getting more exercise is the most common new years resolution in North America. It's estimated that close to 40% of all resolutions made involve fitness and exercise goals.

New years resolutions are broken at a pretty high rate - 22% fail after one week, 40% after one month, and 60% after three months. As it turns out, making big life changes just because the calendar changed may not be the best motivating factor after all.

Different geographies, different resolutions. While health and fitness goals dominate in the US and Canada, love and relationships top the list in Australia and Japan. In India, career advancement is the most common resolution.

Can you guess the top 5 new years resolutions in North America last year?

Answers: 1) Diet, exercise, and weight loss. 2) Read more. 3) Learn something new. 4) Save money. 5) Be kinder/more patient

“ I had the pleasure of working with Amy Williams when purchasing my current home. It was a long process which had us viewing MANY different possibilities. Through it all Amy was so patient and helpful. In the end I found (and successfully purchased) something I'm very happy with. Thanks to Amy and the whole team!

-George C.

Outlook Puzzle Answers ~ Thanks for playing with us!

All Things Scrambled

Countries of the World

Cuba
Peru
China
India
Japan
Spain
Canada
Brazil
Mexico
Denmark

Rivers in Ontario

Nith
Moon
Speed
Grand
French
Thames
Severn
Saugeen
Niagara
Conestogo

Drop One For Fun

- | | | |
|-----------|----------|---------|
| 1. Cleat | 2. Late | 3. Ale |
| 4. Pouch | 5. Coup | 6. Cup |
| 7. Ideal | 8. Laird | 9. Lid |
| 10. Paste | 11. Past | 12. Tap |
| 13. Great | 14. Gate | 15. Age |

Creating special words **Cheer and Toast**

Reduce to Produce

You hang around while I go on ahead.

Birds You Might See at a Bird Feeder

Goldfinch
Sparrow
Hummingbird
Oriole
Wren
Chickadee
Blue Jay
Grackle
Waxwing
Junco
Woodpecker
Cardinal
Nuthatch
Dove

Wilmot Events - Logic Problem

WHO	WHEN	WHERE	EVENT
Barry	June	Grandstands	Food Truck
Harv	August	Beck Park	Cruise Night
Sherri	September	Rec Centre	Optimist
Natasha	July	Millpond	BCA Event

"Keeping the Community Connected"

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

Witty Fun Puns ~ You Must Be Joking!!



- ◆ I never thought orthopedic shoes would really work for me. But I stand corrected.
- ◆ Once upon a time there was a king who was only 12 inches tall. He was a terrible king but he made a great ruler.
- ◆ A Mexican magician says he will disappear on the count of 3. He says: "Uno, dos ..." Poof. He disappeared without a tres.
- ◆ I wrote a book on how to fall down the stairs. It's a step-by-step guide.
- ◆ My son was chewing on electric cords, so I had to ground him. It's OK, though. He's doing better and conducting himself properly.
- ◆ Got drunk yesterday and threw up in the elevator on my way back home. It was disgusting on so many levels.
- ◆ I asked the surgeon if I could administer my own anesthetic. He said, "Sure. Knock yourself out!"
- ◆ I got into a fight today with 1,3,5,7 and 9. The odds were really against me.
- ◆ In Britain it's called a lift but Americans call it an elevator. I guess we were just raised differently.

Submitted by Bob Smith

NUGGETS OF WISDOM

- * Do what you can, while you can, where you can, for whom you can.
- * If you want to make progress in healing a relationship, the best way is to start by telling yourself that your opponent is not all bad.
- * Only you can stop you.
- * The word or emotion that you attach to an event in your life will influence how you look back on that event.
- * To the best of your ability, be firm with yourself.
- * Life is like a garden—it needs to be cultivated, worked and shared.
- * Why do weeds never need watering or encouragement?
- * Every wood worker knows that a dull chisel can still easily cut flesh. So too, thoughtless words can injure and wound.

Submitted by TSQP

Retirement Apartments • Full Service Retirement Suites • Assisted Care • Memory Care • Long-term Care

Come see **why**
you'll love our *Village*

Owned and operated by the Schlegel family of Kitchener, we have been offering a full continuum of living for older adults for over 25 years.

**Book
a tour**

Call Gillian at
519-576-2430
x 8002



The Village of
WINSTON PARK

695 Block Line Road, Kitchener
schlegelvillages.com

According to one Canadian insurance provider, when it comes to Trip Cancellation & Trip Interruption Insurance here are 4 of the most common questions that are being asked today by travelers.

“What if I need to cancel or interrupt my trip due to a sickness or injury?”

First and foremost, you need to see a doctor before you decide to cancel or interrupt your trip. You will need dated, written documentation recommending that your trip be cancelled or interrupted due to medical reasons.

“Does a doctor need to be consulted before I cancel or interrupt my trip because of a COVID-19 diagnosis?”

Insurance companies normally require a doctor to confirm the medical necessity for cancelling or interrupting a trip; however, in the case of a COVID-19 diagnosis, they will accept proof of a positive COVID-19 test in lieu of a medical certificate or letter from a doctor as follows:

- For trip cancellation – written confirmation from a doctor is not required when someone tests positive within 14 days before the scheduled departure date.
- For trip interruption – written confirmation from a doctor is not required for expenses incurred within 14 days from the date a positive COVID-19 test result is received.

The positive COVID-19 test result must include a name and date, as well as the laboratory or medical clinic name. A COVID-19 rapid test can't be used to substantiate a claim because it doesn't specify the date the result was received or who took it. Keep in mind that if you can't book an official antigen or PCR test to support the claim, you may need to pay for a private test or get written confirmation from a doctor advising that you can't travel.

To support a trip cancellation or interruption claim for COVID-19 that was diagnosed outside these 14-day periods, written confirmation from a doctor is needed to confirm that you are still medically unfit to travel on the scheduled date.

“What if I want to cancel due to a wave of COVID-19 in the country I'm travelling to?”

While Trip Cancellation & Trip Interruption Insurance doesn't provide coverage if you have to cancel due to COVID-19 travel advisories, border closures, or because you don't want to travel due to high case levels, Cancel For Any Reason (CFAR) coverage may be a good consideration for this situation.


CFAR can be added to Trip Cancellation & Trip Interruption Insurance in the 5 days of making an initial payment, whether it's a full payment, partial payment or deposit, or any time before any cancellation penalties apply. You can cancel for any reason, other than a covered risk listed in the policy, and receive a 50% reimbursement on your non-refundable travel costs. You must cancel your trip more than 5 days before your departure date.

“Will I be reimbursed if I paid for my trip with points?”

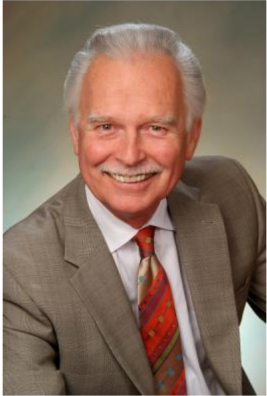
Trip Cancellation & Trip Interruption Insurance can be purchased to cover the administration costs associated with reinstating points.

Trip Cancellation & Trip Interruption Insurance will not insure or reimburse the cash value of any travel costs that have been booked and paid for with points, airmiles, or any other type of travel rewards programs. It's important that you check with your flight accommodation or tour provider to see what reimbursement options are available to you.





9 Angus Glen Lane
New Hamburg, ON N3A 0E9
Bus: 800-433-5307 Cell:416-768-4279
E: gary@garywhiteinsurance.com



TRAVEL
INSURANCE

including coverage for

COVID-19

- Quarantine Insurance Now Available
- Single or Multi-Trip Annual Plan
- Top-Up Coverage Available
- Stability of Health - 365, 180, 90 and 7 days Options
- Trip Cancellation, Trip Interruption

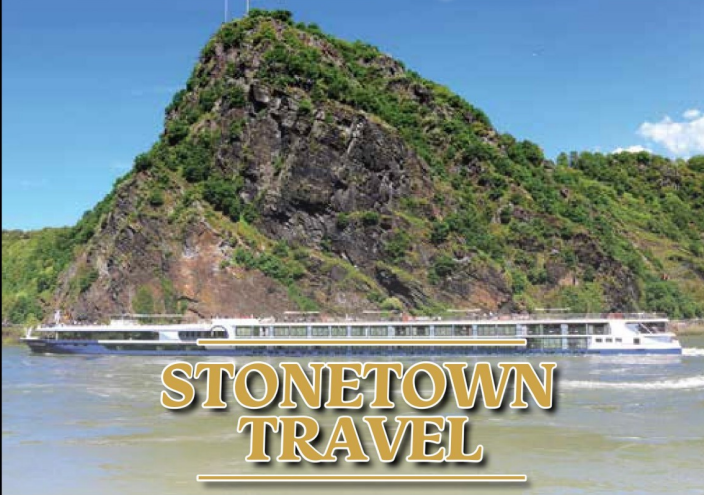
Enjoy, discover and explore the world, knowing you have the right coverage no matter how big or small the emergency.

BOOK NOW TO RECEIVE \$1,600 DISCOUNT/PERSON

Group travel opportunity hosted by Stonetown Travel

AVALON RHINE RIVER CRUISE WITH LUCERNE AND AMSTERDAM

OCTOBER 14-26, 2023



Head Office: 150 Queen Street East,
St. Marys, ON N4X 1B4 | 519-284-2332
agent@stonetowntravel.com
TICO #50010159

Branch Office: 210 Mill Street,
New Hamburg, ON N3A 1P9 | 226-333-9939
newhamburg@stonetowntravel.com
TICO #50025796

*Shop local for your
Valentine's Day Flowers!*

*We carry fresh cut flowers, plants,
gift baskets, candles, and bath products
for your special one!*

*Order online at www.riversideflowers.ca
Pre-orders start January 20th*



FRESH FLOWERS · PLANTS
GIFTWARE · CANDLES

info@riversideflowers.ca

55 Huron Street · New Hamburg
Ontario · N3A 1K1 · 519-662-1411

The Baden Outlook went to Egypt!



Pat Gillies and Dorothy Pikor travelled with Exoticca to Jordan and Egypt. They visited Petra and Jeresh, the pyramids, and Valley of the Kings and took their copy of the Baden Outlook along for the adventure.

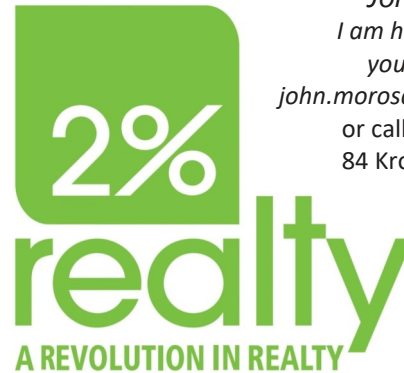
John Morosan

*I am here to answer all
your questions at*

john.morosan@2percentrealty.ca

or call (519) 573-8815

84 Kropf Drive, Baden



- ⇒ We only charge 2% commission for home sales including buyer and seller fees
- ⇒ 100 real estate agent services
- ⇒ 100% exposure on Realtor.ca
- ⇒ Experienced agents
- ⇒ 15 years in business
- ⇒ Marketing of your home
- ⇒ And right now if you buy from us we will make you first mortgage payment (conditions apply)

Happy New Year



PET FOOD



Order online today!

TLCPETFOOD.COM | 519-662-9500

DELIVERED FRESH. DELIVERED FREE.