

August 15, 2008

BADEN OUTLOOK



"Keeping the Community Connected"

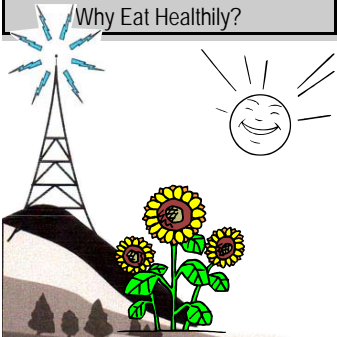
Serving the GBA since August 2000, with 2,375 copies in circulation.

Ah yes, the great days of summer slip by so quickly. Lots of fun events have taken place in the area - relaxing in the yard, watching planetary nebula, cheering on local baseball teams or playing beach volleyball. Details and more pics inside.

Volume 9, Issue 1

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www.badenoutlook.com

Congratulations to the Baden Squirt Boys Team



EJ'S ANNUAL BEACH VOLLEYBALL TOURNAMENT—JULY 26



EJ's held another successful Annual Beach Volleyball Tournament.

Special thanks to George Gilbey who brought three super huge loads of sand to create the beach. There were ten teams, and lots of action, bringing in over \$1200 to support the Baden Fire Department.

Photo by Teresa Brown

TALKING WITH ED... BADEN'S HALL OF FAME

The Waterloo County Hall of Fame grew out of a proposal in 1965 to establish a local Sports Hall of Fame in Kitchener. Prior to its opening in 1972, the Hall of Fame concept was expanded to include pioneers and community builders. A Board of Governors oversees the Hall of Fame with representation from across the Region of Waterloo.

Today there are over 400 individuals and groups that are recognized for their contribution to the community. This year's induction ceremony was held on May 11 at Doon Heritage Crossroads.

It is interesting to look over the list of dignitaries and see that Waterloo Region has been rich in businessmen including Walter P. Zeller who was the founder of the Zeller's Department Stores with family roots in Breslau; Walter Hachborn born in St. Jacobs was co-founder of Home Hardware; Joseph Seagram was a Waterloo native; and Erwin Greb of Greb Shoes was the largest shoe distributor in Canada when it was sold in 1977 and he was a Kitchener native.

Waterloo Region has been a hot-bed for NHL players including Don Awrey, Brian Bradley, the famous Kraut Line for Boston Bruins, Paul Reinhart, Jim Sandlak, Jim Schoenfeld, Rod and Ric Seiling, Frank Selke, and of course Darryl Sittler.

Other sports professionals from the area include Todd Brooker (downhill skiing), Victor Davis (four Olympic medals in swimming), Rob Ducey (Major League Baseball), Elmer Hohl (Horseshoes), Ian Leggatt and Moe Norman (Golf) and Lennox Lewis (Boxing).

I was curious as to how many Baden and Wilmot residents were given the honour of being acknowledged. Forty-two citizens and groups of Wilmot Township were recognized and of that group ten people had spent some of their time in Baden.

Here are the Baden residents who were listed – **Sir Adam Beck** (1857-1925) – Born in Baden in 1857, was a distinguished citizen and politician who became the first chairman of the Ontario Hydro Power Commission.

Jacob Beck (1816 -1906) - In 1854 he purchased 200 acres on Spring Creek in Wilmot Township and in 1856 subdivided his farm, sold lots and created Baden. In 1863 he gave the community the deed to the land on which the courthouse was located for a dollar.

Vernon Erb (b.1935) – As a young man growing up on a farm near Wellesley, Vernon Erb dreamed of owning a

trucking business. Today the Erb Group of Companies employs more than one thousand people, with more than 600 trucks and 800 refrigerated trailers. Erb Transport is a community leader in supporting local volunteer initiatives.

James Livingston (1828-1921) – James came penniless from Scotland in the 1860's but eventually became a leading industrialist known as the Flax and Linseed Oil King. By 1877, he owned most of Baden, and bought out plants throughout Canada and United States. He was a politician, Federal Member of Parliament for Wilmot Township, and known to be community minded. He built Castle Kilbride as his home which is now a national historic treasure.

Christian Nafziger (1776 –1836) – Christian was the pioneer promoter of Wilmot Township and came to this area in 1822. On the advice of Mennonites in Waterloo Township, he selected the central part of Wilmot Township and this was designated as the German Block.

Harold J. Schmidt (1920 – 2001) –Known as *Mr. Baden*, Harold was a community and church leader, local historian, politician and businessman who sat on numerous committees in Baden and Wilmot Township. Much of his charitable work went unrecorded. Schmidt was honoured with the Ontario Volunteer Service Award and was named Township Citizen of the Year in 2000.

Wilfred Schneller - (1902 –1987) - Started a dairy on his farm near Baden where he pioneered the use of electric fencing. He worked thirty-two years as a food and vegetable inspector for Agriculture Canada. He initiated the formation of the Waterloo County Federation of Agriculture, the Banner Counties Ayrshire Club, the Waterloo County Soil and Crop Improvement Association, the Wilmot Township Plowmen's Association and the Baden and District Chamber of Commerce. He was President of the Ontario Soil and Crop Improvement Association, President of the Waterloo County Supplies Co-operative and was on the Ontario Conservation Council. He was Chairman of the Baden School Board, Lieutenant Governor of the Kiwanis Club, and President of the Kitchener Musical Society and Past Master of the Masonic Lodge.

Beatrice Snyder - (1908-1998) - Beatrice Miller Snyder was born in Wilmot Township and spent most of her life there. She became adept at feeding large numbers of people when, as a young woman, she was required to feed employees of her husband's transport business. Because of this expertise, she

EXTRA!! EXTRA!!



There are extra copies of The Baden Outlook available at Teddy's Bakery, Stop 2 Shop (Baden & St. Agatha), Old Fashioned Variety (Petersburg), N.H. Foodland & Sobey's, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.

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Submissions are due on the 1st of each month.

was often called on to supervise meal preparation for large groups of people at annual church conferences and other meetings. In addition, she published a booklet of recipes and guidelines for the preparation of large-scale meals and a book *Pennsylvania German Customs and Cookery*. She served on many boards and committees, including the Waterloo Regional Folk Arts Council and Festival, the Waterloo Farm and Home Safety Association, the Central Ontario Exhibition, Kitchener Theatre Arts Centre committee, farm forums, the Pennsylvania-German Folklore Society, Shantz Mennonite Church Women's Missionary Service Auxiliary, the Women's Institute and the Waterloo County Federation of Agriculture.

Ralph Shantz - Ralph was this year's inductee in the Hall of Fame on May 11. Ralph has an endless list of accomplishments that have improved life in Wilmot Township for its citizens. He has been Mayor of Wilmot for ten years and has helped out on committees such as Baden Chamber of Commerce, Wilmot Agricultural Society, Heritage Wilmot, Wilmot's 150th Anniversary, Grand River Conservation Authority and Kitchener - Wilmot Hydro, just to name a few.

PETER SHIRK - 1839-1919 - Owned Shirk and Snyder Flour Mills and purchased the Grist Mill from Jacob Beck.

For more information on The Waterloo County Hall of Fame - visit www.region.waterloo.on.ca/fame. We thank The Waterloo County Hall of Fame for their help with information. Until next month...Ed



Wilmot's Hall of Fame Representatives

- FLORENCE DIAMOND BEAN** - 1910-1993 - Haysville
- JACOB BETTSCHEN** - 1808-1869 - Wilmot Township
- THE FIRST CANADIAN PACING DERBY** - 1936 - 1956 - New Hamburg
- EARL EINWECHTER** - 1902-1998 - New Dundee
- GERALD "GERRY" FORLER** - b. 1936 - New Hamburg
- LOUIS FUNCKEN CR, DD** - 1833-1890 - St Agatha
- A.C. HALLMAN** - 1858-1918 - New Dundee
- ELMER HOHL** - 1919-1987 - Near Wellesley
- JACOB S. KAUFMAN** - 1847-1920 - New Hamburg / Gadshill
- JAMES R. H. KIRKPATRICK** - 1916-1997 - New Hamburg
- HARTMAN KRUG** - 1853-1933 - New Dundee
- PETER LITWILLER** - 1809-1878 - St. Agatha
- HOWARD "HOWIE" MEEKER** - b. 1923 - New Hamburg
- SAMUEL MERNER** - 1823-1908 - New Hamburg
- GLADYS BRANDT MORDEN** - 1890-1985 - Petersburg
- JOHN MOTZ** - 1830-1911 - Petersburg
- ULYSSE PEQUEGNAT** - 1826-1894 - New Hamburg
- JOHN GEORGE REINER** - 1832-1926 - Manheim
- T.H. RIEDER** - 1878-1922 - New Hamburg
- ERNST F. RITZ** - b. 1925 - New Hamburg
- LAVERNE "ROTER" ROTH** - 1901-1978 - New Hamburg
- WALTER "PUNCH" SCHERER** - 1916-2001 - New Hamburg
- WILLIAM JAMES SCOTT** - 1812-1882 - New Hamburg
- MILO SHANTZ** - b. 1932 - New Hamburg
- ROSS SHANTZ** - b. 1939 - New Hamburg
- ALAN R. G. SMITH** - 1879-1950 - New Hamburg
- J. ALBERT SMITH** - 1896-1971 - New Hamburg
- EDNA STAEBLER** - 1906-2006 - Sunfish Lake
- DANIEL TYE** - 1793-1874 - Haysville
- JOHN PETER WILKER** - 1809-1889 - Petersburg
- WILLIAM JOHN WINTEMBERG** - 1876-1941 - New Dundee
- MARGARET E. ZOELLER** - b. 1920 - Haysville / Wilmot Township

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You Must Be Joking!!



The Mo-ped

An elderly man on a Mo-ped, looking about 100 years old, pulls up next to a doctor at a street light.

The old man looks over at the sleek shiny car and asks, 'What kind of car ya got there, sonny?'

The doctor replies, 'A Ferrari GTO. It cost half a million dollars!'

'That's a lot of money,' says the old man! 'Why does it cost so much?'

'Because this car can do up to 320 miles an hour!', states the doctor proudly.

The Mo-ped driver asks, 'Mind if I take a look inside?'

'No problem,' replies the doctor.

So the old man pokes his head in the window and looks around. Then, sitting back on his Mo-ped, the old man says, 'That's a pretty nice car, all right... but I'll stick with my Mo-ped!'

Just then the light changes, So the doctor decides to show the old man just what his car can do. He floors it, and within 30 seconds the speedometer reads 160 mph.

Suddenly, he notices a dot in his rear view mirror. It seems to be getting closer! He slows down to see what it could be and suddenly WHOOOSSSHHH! Something whips by.



'What on earth could be going faster than my Ferrari?' the doctor asks himself. He presses harder on the accelerator and takes the Ferrari up to 250 mph. Then, up ahead of him, he sees that it's the old man on the Mo-ped!

Amazed that the Mo-ped could pass his Ferrari, he gives it more gas and passes the Mo-ped at 275 mph and he's feeling pretty good until he looks in his mirror and sees the old man gaining on him AGAIN! Astounded by the speed of this old guy, he floors the gas pedal and takes the Ferrari all the way up to 320 mph. Not ten seconds later, he sees the Mo-ped bearing down on him again! The Ferrari is flat out, and there's nothing he can do!

Suddenly, the Mo-ped plows into the back of his Ferrari, demolishing the rear end. The doctor stops and jumps out and unbelievably the old man is still alive. He runs over to the banged-up old guy and says, 'I'm a doctor.... Is there anything I can do for you?'

The old man whispers, 'Unhook my suspenders from your side view mirror!'

Submitted by Bruce Kinnaird

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Ed's Syllable Sillies

a al ble but ca cal cal com dis do en ex fly gan
gi heav i i ket kle lin ly man mong mous nan
oc ras ron sen si sion spar ter tic tinct to to
trin tro u vert

Fill in the answers to the clues by using all the syllables in the sylla-box. The number of syllables used in each answer is in brackets. The number of dashes indicates the number of letters used for each answer. Each syllable may only be used once. Here is an example:
Spring flower (3) _____ (answer: daff/o/dil)

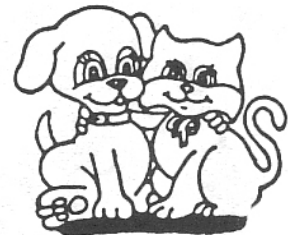
1. In the midst of (2) _____
2. Funny, causing merriment (3) _____
3. Pear-shaped stringed instrument (3) _____
4. Hooligan; unprincipled fellow (2) _____
5. Irregular; now and then (4) _____
6. Canada's largest city (3) _____
7. Colourful winged insect (3) _____
8. Huge; tremendous (3) _____
9. Possessing good judgement (3) _____
10. Outgoing; gregarious (3) _____
11. Agreeing; of one mind (4) _____
12. Full of beauty and peace (3) _____
13. Small ornament (2) _____
14. Glitter (2) _____
15. Clearly different (2) _____

Answers are on page 19

People are lonely because they build walls instead of bridges.

Anger is a condition in which the tongue works faster than the mind.

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*If you don't like something Change it;
If you can't Change it,
Change the way you think about it.*

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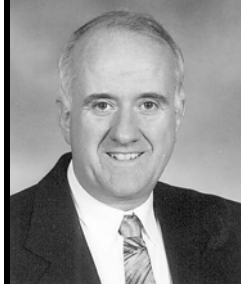


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On June 15 the New Hamburg Midget Girls beat Oneida 4-2 to win the ORSA elimination tournament in Burgessville for the privilege of competing in the Ontario Summer games in Ottawa in August.



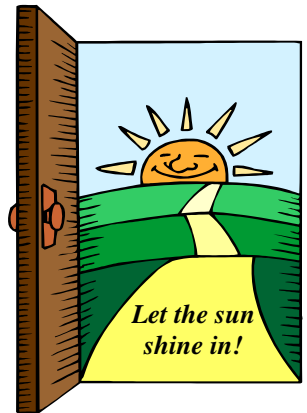
Back row - Coaches Bill Green and Quentin Martin, Amy Haid, Amanda Yeck, Carissa Carson, Kayla Cressman, Elysia Haid, Brittney Bell, Coach Gerry Wotton
 Middle row - Sarah Moses, Rachel Geugen, Emily Roth, Tiff Winhold, Amy Cressman
 Front row - Lauren Hammell, Maddy Wooton, Kylie Martin, Kelli Zehr


You Must Be Joking!!



A senior couple were sitting in church when the husband said to his wife "I think I let a SBD (Silent But Deadly), what should I do?"

The wife said " I think you should get your hearing aid checked!"





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Sassy Scrabble -

When you rearrange the letters...

- ⇒ DORMITORY: DIRTY ROOM
- ⇒ ASTRONOMER: MOON STARER
- ⇒ THE EYES: THEY SEE
- ⇒ THE MORSE CODE: HERE COME DOTS
- ⇒ SLOT MACHINES: CASH LOST IN ME
- ⇒ SNOOZE ALARMS: ALAS! NO MORE Z'S
- ⇒ A DECIMAL POINT: I'M A DOT IN PLACE
- ⇒ ELEVEN PLUS TWO: TWELVE PLUS ONE

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 Click on sports pool, choose "Quick Access" the pool I.D. is
[outlookhomerun](#) and the password is quest. Click on
 "Ranking" (left side of page) to view the full list of names.

Outlook HomeRun Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Steve Campbell	229	31	Susan Mills	208
2	Victoria Windl	227	32	Ken Snyder	207
3	Ray Miller	226	33	Cheryl Erb	207
4	Colton Holba	225	34	Jakob Windl	207
5	Jacquiline Bender	223	35	Keith Wagler	206
6	Kellie Campbell	223	36	Quentin Martin	206
7	Craig Bell	221	37	Randy Martin	206
8	Greg Snyder	221	38	Russ Soehner	205
9	Isaac Roth	219	39	Greg Zehr	205
10	Ben Griffey	218	40	Sheila Martin	204
11	Paul Holba	218	41	Shane Fewkes	204
12	Bailey Taves	217	42	Stephanie Taylor	204
13	Dave Randerson	217	43	Dave Murray	204
14	Tyler Naumann	216	44	Emma Herold	204
15	Doug Taylor	216	45	Isabelle Coxon	203
16	Evin Patrick Henderson	216	46	Ross Herold	203
17	Doug Baier	215	47	Wendy Held	203
18	Andrew Ewanchuk	214	48	Doris Blake	203
19	Shae-Lynn Campbell	214	49	Geoff Hutter	202
20	Darren Pearson	212	50	Bob Brydon	202
21	Tyler Kleine	211	51	Becky Zehr	202
22	Matt Loree	210	52	Wayne Amos	201
23	Jessie Gingerich	210	53	George Jones	201
24	Sheila Jones	210	54	Matthew Austin	201
25	Brad Flood	210	55	Bob Morley	200
26	Lea Bender	209	56	Richard Roth	200
27	Samantha Simpson	208	57	Marilyn Roth	199
28	Mike Snyder	208	58	Bryce Snyder	198
29	Brett Fournier	208	59	Michelle Naumann	198
30	Mason Doerr	208	60	Sara Roth	198

Congratulations to Steve Campbell
 for taking the leader prize in this
 month's HomeRun Pool, winning
 a gift certificate from
EJ's of Baden.

"Who's
 on first?"



The lucky random draw winners
 are **George Jones**, winning a gift
 certificate from Egli's Meat Market,
 and **Bob Leppington**, winning a
 breakfast from Teddy's Bakery
 and a Baden Outlook shirt.

Thanks for playing ball with us! There are 261
 entrants in this year's Home Run Pool. Be sure to
 follow your stats which are updated daily
 on the site. The Outlook draws the
 stats on the 7th of the month.
 Have Fun and Good Luck!



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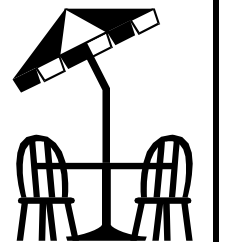
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WATCH FOR THE HOCKEY
POOL ENTRY FORM IN
NEXT MONTH'S PAPER



INTERESTING PEOPLE: MEET DARRYL ARCHER, AMATEUR ASTRONOMER

By Teresa Brown

On the west end of Baden, there is a modest gray shed in a back yard on Charlotta Street. At first glance, this unremarkable little structure looks like just one more shed. But appearances can be very deceiving, for this shed holds many surprises. On clear nights, its roof will open to reveal a telescope and an amateur astronomer, seeking out the stars, planets, and galaxies of our universe.

Darryl Archer was born in England and moved to Canada when he was five years old. At about that time, he acquired his first telescope, or "refractor" as they're known to astronomers. By thirteen, Darryll was already hooked on the heavens and, with a 60 mm refractor he received for Christmas (that's a 2 1/2" diameter telescope lens), he first looked at Saturn. "It was mind-blowing," he remembers. "And today, I always re-live that feeling when I watch someone seeing a planet for the first time -- it's a connection that we all have with the universe."

This interest in sharing his passion for astronomy has kept Darryl busy since his early twenties when he began buying telescopes seriously. He is a 20-year member of the Kitchener-Waterloo branch of the Royal Astronomical Society of Canada (<http://cobalt.golden.net/~kwastro/HomePageFrameSet.htm>), and participates in their outreach programs at local schools. "Everyone's welcome at our meetings," Darryl points out. "We meet every second Friday at the University of Waterloo, and people can find out about events, hear guest speakers, and see members share their captures of planetary images."

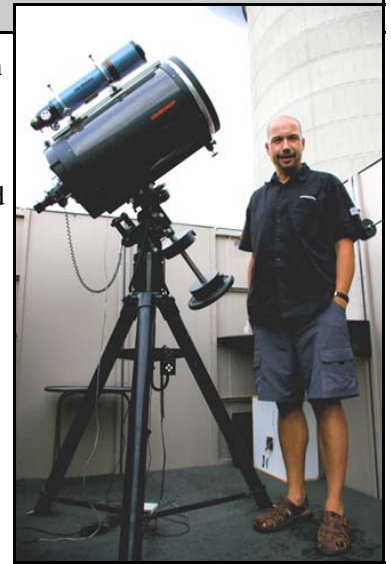
These "images" are the photographs -- and what photos they are! One photographic method Darryl uses is to capture one or two minutes of video through a web cam connected to a telescope; he then goes through the clip frame by frame to find the best, clearest photo of a star, planet, or galaxy. "Technology has allowed us to do things that would have been impossible for amateurs even ten or fifteen years ago," he points out. "We live in very exciting times."

Another method is to simply watch the stars for the right moment. "We live at the bottom of an ocean of air," Darryl

says. "Sometimes the ocean is quiet; sometimes it's turbulent and everything seems distorted. But when the atmosphere is steady and calm, that moment when you can see the planets is incredible. It takes a lot of patience," he smiles, "but it's worth the wait. When the image finally 'steadies,' and you can grab it -- it makes it all worthwhile."

Darryl's photographs have won the admiration of his astronomer peers. His images have appeared in the book *Night Watch* by Terence Dickinson with an article Darryl wrote for *SkyNews* magazine, and he won the Sky News Best Photo Award for 2004. Since those remarkable achievements, Darryl has captured even more incredible photos of Comet Holmes, Earth's moon, Orion Nebula, exploded stars, and Andromeda galaxy -- all from his backyard in Baden.

(Continued on page 9)



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It should be no surprise to hear that Darryl moved to Baden to enjoy his hobby, since the relatively low light pollution allows for much better observation of the night skies. Darryl constructed his home-made observatory using a vinyl shed kit: he modified the roof to be easily removed, installed solar panels for power, and added a weather station on top to measure humidity and wind. He explains that “with advances in digital technology, it’s becoming more affordable for everyone to enjoy and amateurs can now take photos that compare to professional.”

But even if you’re not ready to construct your own observatory, Darryl believes that anyone can enjoy the night sky. “Start with a good pair of binoculars, 10 x 50 are a great choice,” he advises. Even spending \$150 will buy a pair strong enough to see much more than with the naked eye. Darryl also suggests asking questions and learning from people who already enjoy the hobby. “KW Telescope (www.kwtelescope.com) is an excellent place to start,” he says. “The internet has allowed everyone to take part by sharing images, information, and advice.”



An exploded star called a "planetary nebula," taken from Baden a few weeks ago. Photo by Darryl Archer.

“Everyone, professional or amateur, can see the universe. It’s something we’re all connected to, and it’s something we all can see.” For Darryl Archer, viewing and photographing galaxies thousands of light years away not only connects him to the universe, it connects that universe -- those wondrous heavens above -- to everyone who shares what he sees.

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GEOTHERMAL HEATING AND COOLING: EARTH'S ENERGY HELPS PEOPLE AND THE PLANET

By Teresa Brown

Most home owners are aware of many ways to reduce their energy costs. Turning out lights, buying energy-efficient appliances and weather stripping are common ways to both lower our bills and reduce our "carbon footprint." Saving money -- and saving the environment -- are easily addressed by making small changes. But what a huge difference we can make with a more significant change ... like the innovative improvement recently made by Ken and Lil Quanz of Baden.

Ken and Lil are the owners of a beautiful, large Victorian home with gleaming wood floors, high ceilings, numerous elegant rooms, and, until recently, an old furnace in need of replacement. Rather than invest in a conventional furnace, however, Ken and Lil investigated a geothermal heating and cooling system, sometimes called a "heat pump." And the things they learned about this innovative and environmentally friendly system convinced them that it was the most energy efficient, and, in the long run, most cost-effective path to take.

Geothermal energy is energy from the earth. Wikipedia explains that "geothermal heat pumps take advantage of the natural constant temperature of the earth. ... by means of a refrigerant liquid being pumped through pipes in the ground, heating the liquid. This liquid is then brought back into the house, and the heat exchanged" (http://en.wikipedia.org/wiki/Geothermal_heating). In other words, when the liquid is passed through the ground it absorbs the earth's heat, it brings the heat to the house, then circulates back to the ground to absorb more warmth.

If you dig down more than a few feet in our area, the earth's temperature is a constant 52 degrees Fahrenheit, winter and summer. This means that liquid (usually ethanol) passing through underground pipes will naturally absorb heat and bring it inside the house. In the

summer, geothermal cooling brings the relatively cool temperatures of the earth to the refrigerating unit -- and because that coolant is already very cool, it is far more efficient than the traditional air conditioning method of cooling hot outside air.

The result, as Ken explains, is a significant savings in both energy and money. "My annual heating and cooling costs are now less than half of what they used to be with natural gas," says Ken. "You see, the heat itself doesn't cost anything. We only use a small amount of electric current to run the system's pumps." Thanks to the earth's constant temperature, geothermal systems heat or cool the ethanol from a mid-range temperature, making these systems around 400% efficient, compared to 91% for a high-efficiency natural gas furnace.

Even the installation was surprisingly efficient. "We chose a 'vertical loop' system," Ken explains, "which means the wells through which the ethanol circulates go straight down, in our case to 180 feet." Other installation options include a "horizontal loop," in which the wells travel horizontally underground, and a "pond or lake loop," in which the pipes travel through a nearby body of water. Surprisingly, having such deep wells dug was easily managed in about three days -- and the underground system should never need maintenance.

Even the Quanz's hot water heater takes its heat source from the geothermal system, warming an additional water feeder tank to about 100 degrees Fahrenheit. This makes the natural gas water heater far more efficient - another environmental and cost advantage. And if you're wondering how a geothermal system compares to improving energy efficiency by traditional methods, consider this - replacing all windows and doors would have raised the energy efficiency rating

(Continued on page 11)

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by a healthy 4.2 points -- but their new geothermal system increases the house's energy efficiency rating by 31.9 points. (Residential Energy Efficiency Project calculations)

Of course, the initial cost of a geothermal system is greater than a conventional furnace. The Quanz's system cost around \$29,000. However, this cost is offset by several factors, including federal and provincial rebates totalling around \$7,000, a retail sales tax rebate, and a Cool Savings Rebate available to anyone replacing an existing air conditioning system. Adding in the annual savings to heating bills, Ken calculates that the geothermal system will pay for itself in seven or eight years.

It's a clear choice for more and more private citizens as well as for businesses. Challenger Freight and the new House of Friendship facility are two area organizations now using geothermal systems. But for these companies and families, the most important advantage is knowing that, by drastically lowering their consumption of fossil fuels, they're making strides in reducing harm to the environment. After all, that's the cost-reduction that matters most.

For more information on geothermal heating and cooling, check out these web sites:

www.ecoaction.gc.ca

www.reepwaterlooregion.ca



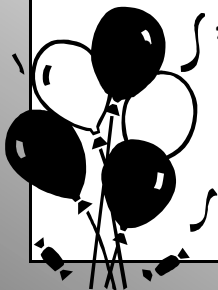
Photo courtesy of Ken and Lil Quantz



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10th Anniversary Celebration — September 20th



** Thank you Baden & Surrounding Communities **

Please join us to celebrate our anniversary!
Horse-drawn wagon ride * Birthday cake * BBQ Roast
Face painting * Live band & lots more fun!



Breakfast & Lunch Served seven days a week
Offering Dinner Wednesday - Saturday

**Lots of back to school
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Breast Self-Exam Seminar

Thursday September 11, 7-9:30 pm
Sponsored by Westhills Church at
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Sandra de Leeuw

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Take charge of your health, simply by
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PeeWee	5 yrs. to 7 yrs. old
Bantam	8 yrs. to 10 yrs. old
Juniors	11 yrs. to 13 yrs. old
Seniors	14 yrs. to 18 yrs. old

Bowling starts on Sat. Sept. 6 & Sun. Sept. 7
Bowlers can register until October 1st

To register or to inquire about our
nationally recognized program,
Please Call Eric ... 662-1938

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182 Union Street, New Hamburg

*All adult leagues start in September. If you are interested in a
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My Resume.....

1. My first job was working in an Orange Juice factory, but I got canned. I couldn't concentrate.

2. Then I worked in the woods as a Lumberjack, but I just couldn't hack it, so they gave me the axe.

3. After that, I tried to be a Tailor, but I just wasn't suited for it - mainly because it was a sew-sew job.

4. Next, I tried working in a Muffler Factory, but that was too exhausting.

5. Then, I tried to be a Chef - figured it would add a little spice to my life, but I just didn't have the thyme.

6. Next, I attempted to be a Deli Worker, but any way I sliced it I couldn't cut the mustard.

7. My best job was a Musician, but eventually I found I wasn't noteworthy.

8. I studied a long time to become a Doctor, but I didn't have any patience.

9. Next, was a job in a Shoe Factory. I tried but I just didn't fit in.

10. I became a Professional Fisherman, but discovered that I couldn't live on my net income.

11. I managed to get a good job working for a Pool Maintenance Company, but the work was just too draining.

12. So then I got a job in a Workout Centre, but they said I wasn't fit for the job.

13. After many years of trying to find steady work, I finally got a job as a Historian - until I realized there was no future in it.

14. My last job was working in Starbucks, but I had to quit because it was always the same old grind.

15. SO, I TRIED RETIREMENT AND FOUND THAT I'M PERFECT FOR THE JOB!



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Parents linked with our Community to assist in the need for Support, Awareness and Empowerment against narcotics.

Meeting Monday Evenings at 8 pm
 Trinity Lutheran Church
 23 Church Street, New Hamburg
 Martin Luther Room (upstairs)



The Baden and District Chamber of Commerce

would like to invite YOU to their
ANNUAL Barbeque

MARK YOUR CALENDAR!
Thursday Aug 28, 5:30 pm.

Come and dine with your neighbours - enjoy great food and entertainment.

Advanced ticket prices:

\$10 for adults / \$5 for 12 and under

Tickets will be available at local merchants.



Also looking for volunteers for the event. For more Info call Eva 634-8736

The Baden Scout Group will be registering for the 2008/2009 Season on Tuesday September 9th at Beck Hall from 7 - 8 pm



Registration for Beavers 5 - 7 ½ and
 Cubs 7 ½ - 10 ½

We hope to start a Scout Troop in the Spring for 10 ½ and up.

If you would be interested please let us know.

For further information please call the Group Commissioner, Sheila Bayne 519-662-3430.

Wilmot Girls' Hockey Registration

Registration will be held the following evenings at the Wilmot Recreation Center:

Wednesday, August 20th from 7 - 8 pm

Wednesday, August 27th from 7 - 8 pm

We will also be accepting registrations at the Wilmot Recreation Fair on Wednesday Sept. 3rd from 7-8:30

We are offering a Senior Women's team this year.

For further information see our website at www.wilmotgirlshockey.com



Wilmot Horticultural Society



Wilmot Horticultural Society Garden Tour

Sunday, Sept. 7, 2008 12 noon to 4:00 p.m.

Featuring Gardens of Haysville, Shingletown and Area

Tickets are \$10 each and available at

Meadow Acres & New Hamburg Office Pro

Maps will direct you to the various gardens, to visit at your leisure.

Monday, Sept. 8, 2008 - 7:00 p.m.

Meeting at Wilmot Rec Complex Community Room - 2nd Floor
 Junior Gardeners' Awards Presentation & Flower Show

Speaker: Greg Kaster - Topic: Flower Arranging
 Everyone is welcome to attend.

Steinmann Mennonite Church is having a community carnival on Saturday, September 6th!

Please join us - everyone is welcome.
 No cost to attend.

There will be games, face painting and a jumping castle. Activities begin at 3:30 with a BBQ to follow.

If you have any questions, please call
 Sheila Martin 519.634.8655

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

Another Cool Move

In celebration of the 50th Anniversary of the Baden and District Chamber of Commerce, we would like to offer our 2008 'paid up' Chamber Members, two complimentary adult passes to the Baden Community BBQ, to be held on August 28th. (\$20.00 value)



If you have not received your complimentary passes in the mail, by August 19th, please call Sylvia @ 519-634-8774 or Elaine Bechthold @ 519-634-5205 to arrange delivery. Hope to see all of our members out for this fun filled evening.



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182 Union Street, New Hamburg * Call Eric ...662-1938

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BADEN GIRLS' CLUB - PLEASE JOIN US

Baden Girls' Club has been operating for more than 50 years. It was originally held at the Baden Fellowship Hall which burned down years ago. They now meet at Wilmot Mennonite Church, at 2995 Bleams Road, who sponsor this group.

The club is non-denominational and is held on the third Tuesday of each month from 7-8:30 pm. Registration fee is \$20 for the year, running from September till June. All girls grades 3 - 8 are welcome. Each year the numbers vary and we look forward to seeing those who have recently moved to town.

These are fun filled evenings with many activities such as singing, crafts projects (sewing, candle making, knotting comforters for the Mennonite Relief Sale), devotions, pricing help at Ten Thousand Villages, Christmas caroling, bowling, mini golf and camping. In May there is a Mystery Supper to which the girls invite a special guest - always an exciting evening.

The first gathering will be a "get to know you" evening with a wiener roast and games.

For more information please call Marcia at 634-5960 or Beverly at 662-9514—COME ON OUT!!

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Friday 10 am-7 pm

Saturday 9:30 am-3 pm

Baden Branch Library News



WOW! Congratulations to the more than 200 readers who participated in the **2008 TD Summer Reading Club, Laugh Out Loud**. We broke last year's record of 182! It has been a busy summer of spinning the Reading Wheel of Fun, winning Tickle Trunk prizes and taking part in the popular weekly programs with Katelyn.

The **Kids Summer Book Club** was a big success and we will be continuing this club in the fall. We really did laugh out loud while reading and discussing *The Hoboken Chicken Emergency* by Daniel Pinkwater. Information about our next meeting will be coming soon. Stay tuned!

Have you read the **One Book, One Community** book yet? *The 100-Mile Diet* is a tasty read! Meet the authors, Alisa Smith and James MacKinnon, in Waterloo Region from September 16 to 18. The rural reading by the authors will be held at Elmira D.S.S. at 1:30 p.m. on Thursday, September 18 and you are invited to attend this free event. For the complete schedule see www.therecord.com/onebook or call RWL headquarters 519-575-4590.

Don't delay, register today for these fall programs:

Just for You, Baby Storytime: This six-week program runs on Thursday evenings from 6:45 to 7:30 p.m. beginning October 2 and is for babies 0 to 12 months old and their caregivers. It is presented by staff from the Wilmot Family Resource Centre. Sing songs, listen to stories and make new friends! Please bring a blanket for your baby.

Storytime for children 3 to 5 years old: This eight-week program begins the week of Sept. 30. Choose either Tuesday afternoons from 1:45 to 2:30 p.m. OR Wednesday mornings from 9:15 to 10 a.m. Join us for great stories, songs, games and crafts!

Adult Computer Classes:

Classes are being offered on Tuesdays from Oct. 7 to Nov. 25. The Beginner Class will be held from 3:15 to 5:15 p.m. and the Intermediate Class from 6 to 8 p.m. The St. Louis Adult Learning Centre of the Waterloo Catholic District School Board will once again supply a patient, supportive and enthusiastic teacher. Cost of the course is \$125. Classes always fill quickly, so call the Baden Branch right away if you are interested.

Do you need a library card? New library memberships are free! Come and visit us soon and see what we have to offer you!

Due to space limitations, registration is limited for ALL library programs. Contact the library at 519-634-8933 or by email at badenlib@region.waterloo.on.ca to register, or for more information. www.rwl.library.on.ca

Chris Baechler, Assistant Supervisor, Baden Branch

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Answer on page 21



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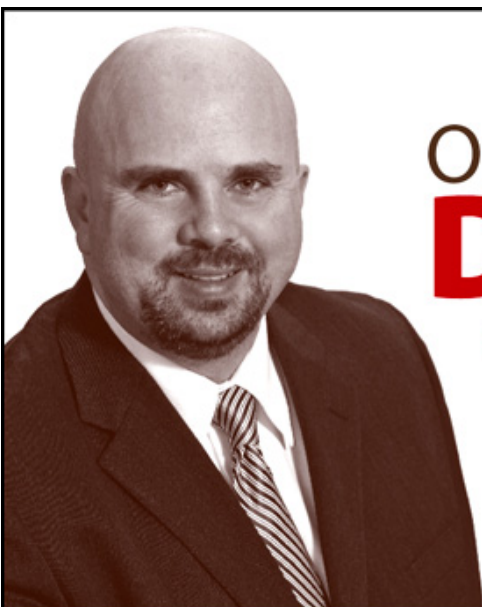
For an appointment please call Cyndi @

519.634.8680

Did you know?...

- The dot over the letter 'i' is called a 'tittle'.
- A raisin dropped in a glass of champagne will bounce up and down continuously from the bottom of the glass to the top.
- There are no clocks in Las Vegas gambling casinos.
- If you have three quarters, four dimes, and four pennies, you have \$1.19. You also have the largest amount of money, in coins, out of which you can't make change for a dollar.
- Chewing gum while peeling onions will prevent you from crying!
- Guinness Book of Records holds the record for being the book most often stolen from Public Libraries.
- Most lipstick contains fish scales.
- Donald Duck comics were banned from Finland because he doesn't wear pants.

Submitted by Bob Price



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NOTES FROM THE ATTIC – BADEN PRETZEL BENDERS

“THE NEW WAY OF LIFE”

Most towns had teenagers, who formed groups, in order to promote friendship and primarily have fun. The best known Baden group was the “Baden Pessimists” which existed in the 80’s and 90’s. But have you ever heard of the Baden Pretzel Benders?

The Pretzel Benders functioned from about 1958 to 1963 and never had more than four members at a time. Original members included Wayne Roth (our Mayor of Wilmot Township), Richard Gingerich, Ken Miller and Grant Bechthold. Other members over the years included Blain Bechthold, Carl Steinman and Rick Schiedel, who stepped in whenever another member left.

The whole idea originated from a movie. Everyone in the group was President with their own business card to prove it (see inset). This eliminated all in-fighting (‘Over what,’ you might well ask.) The group was a social club not a service club and never held regular meetings, however, they did have a clubhouse. The clubhouse was

in a rough wood casket storage room located in Noah Steinman’s Funeral Home!!

One of their only claims to fame was the year they entered a float in two parades. Baden always had a July 1st parade followed by a picnic at the park and New Hamburg had their Fall Fair in September. The hand-made float consisted of a stove in the middle of the float with smoke billowing out and two large thrashing machine belts turning on each side (which were actually turned by two people hidden in the bowels of the float). At the back of the float one person shovelled a mixture of gravel, flour and water into an opening and at the other end, packaged pretzels magically appeared and two women handed them out to the parade viewers lining the street.

The group members mission was to have fun – and that they did. It’s another bent bit of Baden’s history! You know, - Pretzelbentarianism.


PRETZELBENTARIANISM – THE NEW WAY OF LIFE

The Pretzel Benders Union

OF CANADA

DEDICATED TO ?

Richard R. Gingerich President	HEAD OFFICE Baden, Ont.
-----------------------------------	----------------------------



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Post-game Analysis



Masterfeeds Set To Leave Town

After fifty years of business in Baden, Masterfeeds is leaving town. Their operations are moving to a newer facility in Wingham, which will put many employees out of work. The remaining employees will be transferred to other Masterfeed locations such as Stratford, when the mill officially shuts down.



Beautiful and graceful, varied and enchanting, small but approachable, butterflies lead you to the sunny side of life. And everyone deserves a little sunshine.

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Answers to Syllable Sillies -(from page 5)

- | | | |
|---------------|---------------|---------------|
| 1. among | 6. Toronto | 11. unanimous |
| 2. comical | 7. butterfly | 12. heavenly |
| 3. mandolin | 8. gigantic | 13. trinket |
| 4. rascal | 9. sensible | 14. sparkle |
| 5. occasional | 10. extrovert | 15. distinct |

Elwood-Pikor Painting

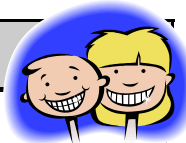
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Family Vacation Funnies



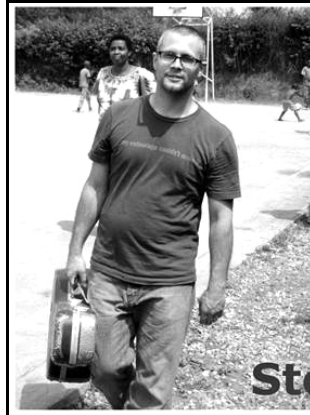
Are We There Yet?

Preparing for a vacation, my sister-in-law and her husband explained to their young children that they would be sitting in the car for a very long time. The kids were told they would not be arriving at their destination until after dark and they were warned not to keep asking, "Are we there yet?" After a few minutes of peaceful driving the five-year-old perked up and asked, "Is it dark yet?"

Grandkids are Funny

I didn't know if my granddaughter had learned her colours yet, so I decided to be playful and test her. I would point out something and ask what colour it was. She would tell me, always correctly. It was fun for me, so I continued. At last she headed for the door saying, "Grandma, I think you should try to figure out some of these colours yourself!"

Submitted by Marion Cook



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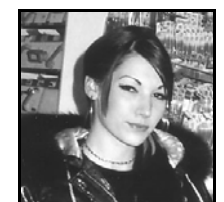
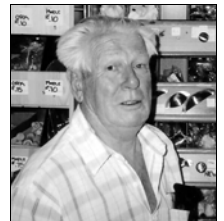
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Science Exam



If you need a good laugh, read these children's science exam answers:

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How is dew formed?

A: The sun shines down on the leaves and makes them perspire.

Q: How can you delay milk turning sour? (brilliant, love this!)

A: Keep it in the cow.

Q: What causes the tides in the oceans?

A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is no water on the moon, and nature hates a vacuum. I forget where the sun joins in this fight.

Q: What happens to a boy when he reaches puberty?

A: He says good-bye to his boyhood and looks forward to his adultery.

Q: Name a major disease associated with cigarettes.

A: Premature death.

Q: How are the main parts of the body categorized? (e.g., abdomen)

A: The body is consisted into three parts -- the brainium, the borax and the abdominal cavity. The brainium contains the brain; the borax contains the heart and lungs, and the abdominal cavity contains the five bowels A, E, I, O, and U.

Q: What is the fibula?

A: A small lie.

Q: Give the meaning of the term 'Caesarian Section.'

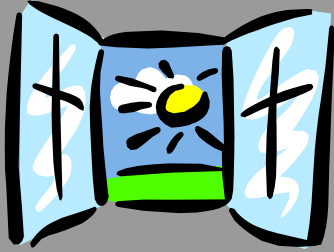
A: The Caesarian Section is a district in Rome

Q: What does the word 'benign' mean?'

A: Benign is what you will be after you be eight.

The location of the aerial photograph shown on page 17 is the intersection of Brewery Street and Louisa Street

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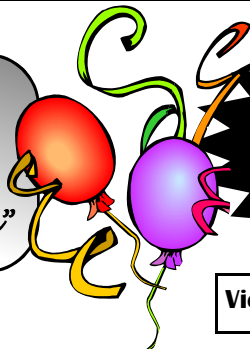
Minister: Rev John Deyarmond - 747-9902

Contact Person: Wendy von Farra - 662-3002



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View the paper with the pictures in colour!

Baden Pirates 2008 Season Wrap-Up

The Baden Pee-wee Fastball Team had a young and enthusiastic team of first year Pee-wee players. They were a scrappy and determined team with great potential for next season. The team had finished the regular season three games under .500, however, they lost a few tight games that could have put them over the .500 mark. In the final tournament played in the B division, the Pee-wee's won their first game against Foldens, lost their second game to Burgessville in 9 innings - by one run and lost their third game to Otterville in 10 innings- by one run. They are a force to be reckoned with next year.

The Baden Squirt boy's team #1 competed in South Oxford League and had a very good season. The year-end playoffs saw them in first place in the "B" division. The photo on the front page is the second Baden Squirt Team, which competed in the North Waterloo League. At the season-end tournament, they placed first. The team competed in the Hohner Memorial Tournament in Tavistock and was the B tournament champions, as well!

The Baden Pirates Atom Girls' Fastpitch team is South Oxford League Champion after a marvelous effort in the season - ending tournament in Sweaburg. Without losing a game in the double knockout tournament format, the Pirates held onto a one run victory over Tavistock in a very exciting championship game. The girls captured their greatest achievement exactly the way they wanted it - together. Congratulations to all on a fantastic year!

Bantam Boys played in the South Oxford League this season and it was exciting for players, parents and onlookers. Thank you from the coaching staff.

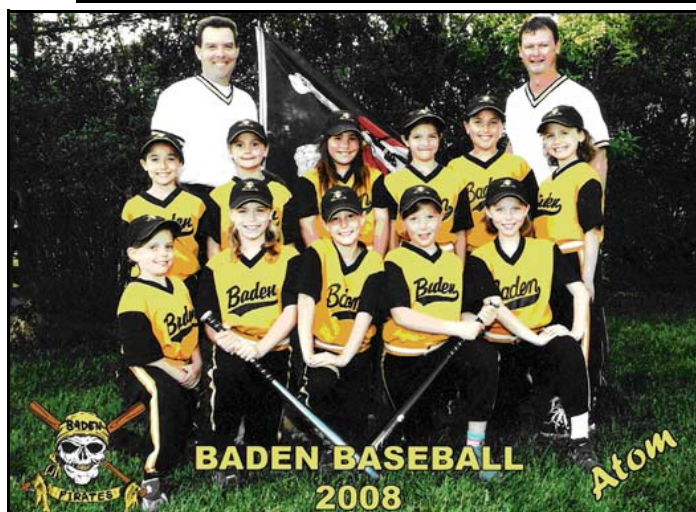
The Midget Boys were very happy to play ball this year and competed in the North Waterloo League which was extremely strong competition. For many of the players this was their final year and they showed not only great passion, but extreme sportsmanship. T. Musselman Excavating sponsored the team and the team is grateful for its support. Many of the games saw good fan support. Thanks from all of the coaching staff - Steve Martin and Dennis Roth.

The Baden Atom Boys wrapped up a successful season as B Division Runner-ups (2nd) at the league tournament in Innerkip on July 12th and 13th, losing a close championship game 13-9 to Mount Elgin.

The Baden Tyke Pirates had a fun and exciting season. The kids were always eager and ready to play. They finished off the season with a great tournament as they took the silver medal in the South Oxford League B division. A thank you to all of the kids and parents for their support and encouragement. Coaches Myron Ruby and Dave Ferguson.



Baden Pee-Wee Fastball Team



BADEN BASEBALL
2008

Atom

The Baden Squirt Girls had a great season this year. They had a lot of fun and all of their singing and cheering created an energetic atmosphere. A third of our team was first time players who improved as the year went on. We finished third in the B division South Oxford League Playoffs. The girls are looking forward to next year - Carl Cook and the coaching staff.

The Baden Pee-wee Pirate Girls enjoyed the friendships they created and fostered. Our season was full of developing players who enjoyed the guidance given by the coaching staff. The girls would like to thank Kennedy's for buying the new team jerseys. (The girls said they look good in them). In the South Oxford Playoffs the girls finished third in the B division. Thanks to the parents and kids from the coaching staff - Scott, Ken, Courtney, Larry and Lee.



Baden Boys Atom

Thanks to our Sponsors!

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Neck pain is a common problem in our society, with 30-50% of adults reporting neck pain at any given time. About two-thirds of people will experience neck pain at some point in their lives. The pain is caused by conditions that compress or irritate pain-sensitive biological tissues such as muscles, ligaments, joints, nerves, and bones. Although most sufferers manage to carry on with their usual activities, some individuals will experience neck pain that can be disabling, negatively impacting work, recreational, and social activities. The purpose of this article is to outline the current understanding of neck pain as recently published in the scientific literature.

The Bone and Joint Decade Task Force On Neck Pain and its Associated Disorders was comprised of international researchers and scientist-clinicians who spent the past seven years undertaking a comprehensive and structured review of the current research on neck pain. The Neck Pain Task Force (NPTF) members represented 14 disciplines across nine countries, ranging from neurology and rheumatology to epidemiology and chiropractic. Their findings synthesized the best available evidence on the onset, course and prognosis, assessment and management of neck pain. Below is a summary of these findings.

The cause of neck pain is usually multi-factorial, meaning that there is usually no single cause of neck pain. Factors such as overall physical and mental health, work and daily activities are just a few that can contribute to the development of neck pain. Most causes of neck pain are not the result of serious injury or disease. Diagnostic tests such as x-rays, CT or MRI scans are only required in a minority of cases when a thorough physical examination and patient history indicate a need for further investigation. Routine imaging will not increase understanding of causation nor contribute any additional clinical information in the management of neck pain. Degenerative changes in the neck increase with age and are common in people with and without neck pain. Degenerative changes seen on x-rays are not predictive of neck pain.

The NPTF recommended classifying neck pain into the following categories:

GRADE 1: Neck pain with no signs or symptoms suggestive of major structural pathology, and little or no interference with daily activities

GRADE 2: Neck pain with no signs or symptoms suggestive of major structural pathology that limits daily activities

GRADE 3: Neck pain with no signs or symptoms suggestive of major structural pathology, with presence of neurologic signs of nerve compression (radiculopathy) such as decreased tendon

reflexes, weakness or sensory deficits (i.e. “pinched nerve” – pain weakness and/or numbness in the arm)

GRADE 4: Neck pain with signs or symptoms suggestive of serious structural pathology (i.e. tumor, fracture, infection, systemic or visceral disease)

Evaluation of neck pain should include a proper medical history, along with a physical examination consisting of inspection, palpation for tenderness, range of motion, strength, neurological, provocative/orthopaedic and functional testing. Diagnostic imaging is not indicated for Grades 1 and 2 neck pain. The evaluation and assessment of neck pain must rule out serious causes of neck pain symptoms (Grade 4) before appropriate treatment can be administered.

The majority of neck pain is classified as Grade 1 or 2. The NPTF found scientific support for the following treatments in Grades 1 and 2 neck pain: education, exercise, mobilization, manipulation, acupuncture, soft tissue therapy, and analgesics. All of the recommended treatments were determined to have an excellent safety profile, with major complications being exceedingly rare and likely equivalent across treatments. Individuals with Grades 1 and 2 neck pain should be re-assured that they do not have a serious medical condition.

There was no “best” treatment that was effective for everyone. Trying a variety of therapies or combination of therapies may be required to find relief. The NPTF recommended that individuals play an active role in managing their neck pain by staying physically active, returning to their usual activities as tolerated, exercising, and reducing mental stress. Individuals need to have realistic expectations, as pain relief is often modest and short-lived.

There was inconclusive scientific evidence with respect to non-surgical management of Grade 3 neck pain. The NPTF recommends proceeding cautiously with these cases. The majority of Grade 4 neck pain will require medical management by the appropriate health discipline specialty. The NPTF found relatively little research on what does or does not prevent neck pain from occurring in the first place or from recurring. For example, ergonomic assessments and cervical pillows may or may not help. This is likely due to the multi-factorial causes of neck pain, and reiterates the point made by the NPTF for trying a combination of therapies and active self-management.

The NPTF has provided regulated health professionals, public and private insurers, and the general population a better understanding of neck pain. Most people can expect to experience some neck pain in their lifetimes. The majority of neck pain does not represent any serious structural problem. For those with neck pain that may be interfering with their activities of daily living, a qualified health professional can prescribe appropriate conservative therapy, rehabilitation and self-management strategies specifically for your circumstance. For more information, visit www.nhwc.ca.

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



New Hamburg
Wellness Centre

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WILMOT RECREATION COMPLEX GRAND OPENING - JUNE 14, 2008



The ribbon cutting ceremony at the Grand Opening of the Wilmot Recreation Complex, with dignitaries (left to right) Les Armstrong, Cathy Vollmer-Ashley, Terry Broda, Elliott Fung, Peter Roe, Harold Albrecht, Mayor Wayne Roth and friend – Logan Kleine, Leanna Pendergast, Ken Seiling, Willie Cober, Ralph Shantz, Jeff Gerber, Patti Holden,, Diego Vitello, Darlene Vorstenbosch



Mayor Wayne Roth presents a picture of the old New Hamburg arena to the Diego Vitello family, the winner of the naming contest for the complex.

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News from The New Hamburg Thrift Centre

Our Daily Bread

Soaring food prices threaten to increase global hunger and poverty – two issues at the forefront of Mennonite Central Committee (MCC) programs in many countries. With the global food crisis becoming more widespread, many Canadians are beginning to question their food purchasing practices. The popular books *100 Mile Diet*, by Alisa Smith and J.B. MacKinnon (2008 selection for *One Book, One Community*), and *Animal, Vegetable, Miracle*, by Barbara Kingsolver (my personal favourite!) have people thinking about a back-to-basics approach to eating habits.

Large gardens, summer kitchens, endless days of canning may seem a thing of the past. But are they? More people are reading labels and realizing, for example, that some of the pickles they buy at Zehrs and Sobeys are imported from India. Can't we grow cucumbers in our climate? Fruit that is readily grown here is being picked green and shipped for hundreds and hundreds of miles. Don't we produce apples, pears, plums, etc. right here?

At the New Hamburg Thrift Centre we continue to see sales of canning jars remaining strong as people realize how easy it is to grow their own food and build their own reserves for winter. Since Mennonite Central Committee has a long history of addressing issues relating to food security and food injustices, the management team and board members at the Thrift Centre want to use the surrounding farmland to promote local eating and food issues. In May, a portion of the unused property was marked off and ploughed by a volunteer to start a vegetable garden. As the project continues to evolve, use of the garden as a teaching tool will be developed. Beginning next summer, fresh vegetables will be available for sale at the store to generate funds for MCC following the store's Annual Perennial Sale in May.

If food is something you are passionate about and are interested in this new garden project, volunteers will be needed. Contact Managers Joanie Willms or Karla Richards at 519-662-2867 for more information or drop by the store.

**Revenue generated from the Thrift Centre supports the work of Mennonite Central Committee (www.mcc.org/food)*

The opinions expressed in this paper are not necessarily the views of the publisher.

**New Hamburg
Thrift Centre**
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the Health & Wellness Page

Why Eat Healthily?

Submitted By Michael Fisher, R.N.C.P



-Because we eat three times a day! Food has a strong influence on the state of our health, and is a medicine that we will never discontinue. As plants acquire their nutrients from the ground and sun, we acquire our nutrients from the plants. Therefore our health is very closely connected to the health of the plants we eat (or the animals that ate them!) If you are interested in making your diet healthier, here is a quick pointer on how to start:

Choose High Quality Ingredients

Start by improving the quality of the ingredients that you buy. Peanut butter for instance, is often a poorly processed and low quality food. The nut oils are typically rancid, oxidizing our tissues and deteriorating our insides - however, the oils found in high quality peanut butter or almond butter, from a source you can trust, is very healthful and healing. In fact, fresh nut oils can repair the damage done by rancid nut oils! At room temperature, nut butters should have a layer of clear oil on top, since it is less dense than the meat of the nut. The taste and smell of nut butters should be fresh, and fruity. The consistency should be goopy, and with a spoon you should be able to stir the contents. Most commercially available nut butters are more comparable to icing in consistency and ingredients, since most peanut butters' primary ingredient is icing sugar!

Eat Whole Grains - like Oatmeal!

The mind is like a monkey! It can be overactive, jumpy and hard to settle down - or it can be stubborn, tired and lazy. Some foods like oats contain minerals, B vitamins and oils which have the incredible ability to focus, nurture and energize over-worked and over-stimulated minds. Breakfast is fundamental to our health, and oatmeal is considered a healthy choice because of these beneficial effects.

Oatmeal is a **whole grain**, which means its nutrients are intact, but when a grain is refined and processed, most of its vital nutrients are stripped away, leaving them nutritionally void. What's worse is that our body must compensate for these missing nutrients by drawing them out of our own nutrient stores, making most prepared breakfast foods *anti-nutrients!*

Some of these nutritionally void foods include: *boxed breakfast cereals, waffles, toaster pastries, donuts, cereal bars, bagels, ..and even toast when made from highly processed bread.* Continuously eating these foods will create nutrient deficiencies resulting in various diseases, but specifically: cravings, irritability, depression, sugar cravings, fat formation, and of course - poor concentration!

Submitted by Whole Foods Nutritionist **Michael Fisher, RNCP**

To receive more information, sign up for his monthly newsletter at www.michaelfisher.ca

The information in this article is for educational purposes only and is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice.

RIP 1956-2008, Down to the last block - A final farewell to Baden Public School

Part of the ever-changing landscape of Snyder's Road... Demolition took place the last two weeks of July, by Joe Leyser Demolition. Watch for the new development to begin.

Photos by Katie Fisher



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