

Season's Greetings from the

# Baden Outlook

December 15, 2008

Volume 9, Issue 5

Your Monthly Newsletter - Serving the GBA since August 2000 with 2400 copies in circulation.



## Inside this issue:

<i>At Random with Ed</i>	2
<i>Oh Christmas Tree</i> By Verda Cook	5
<i>Notes from the Attic</i> — Grant Bechthold	9
<i>Interesting People</i> Meet Dave Rogalsky	18
<i>The Demands of Doing-it-all!</i> By SOCC	19
<i>Outlook Hockey Pool</i> Who's in the lead?	22
<i>Nutritional Neurosis</i> By Michael Fisher RNCP	27



The snow fell as the crowd gathered for the annual visit from Santa at the Baden Parade. See pages 20-21 for parade pics

"Keeping the Community Connected"



©2008 The Baden Outlook



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

This paper is priceless - Please have one!



# TALKING WITH ED ~ RANDOMLY SPEAKING~MY SCATTERED THOUGHTS



Congratulations to our Member of Parliament, Harold Albrecht, on his new appointment as Deputy Whip. The main role of a Deputy Whip is to make sure members of the Conservative Party are in Ottawa to vote on crucial issues. The whip also acts as ears for leadership and for the party, and acts as a liaison between the members and the Prime Minister.

Many thanks to all the hockey fans who attended the New Hamburg Firebirds game on November 21, which was sponsored by this publication: you were a great crowd! Thanks to the Baden Public School Choir for starting off the evening with a stirring rendition of the national anthem. The Firebirds provided an entertaining game - full of heart and action. Special thanks to the Tykes, who also played their hearts out between the first and second period. The Firebird's management, a first class organization, were very helpful in planning for the event.

Construction of the new commercial development has begun at the corner of Foundry Street and Snyder's Road. Activa Group, the property owners, has proceeded with the grading and services

of the property. There are no confirmed tenants as of yet and the 14,500 square foot building will be subdivided based on tenant's requirements.

The Olympic torch route has been announced with Shakespeare, New Hamburg and New Dundee among the towns that it will pass through. Day 59 - December 27, 2009-will be our area's turn. More than 12,000 people will have an opportunity to take part across Canada. Information on how Canadians can apply to become torchbearers is available on [iCoke.ca](http://iCoke.ca), [sogoactive.com](http://sogoactive.com) or [rbc.com/carrythetorch](http://rbc.com/carrythetorch).

That was another terrific Santa Claus parade, put on by the Baden and District Chamber of Commerce. We have published some pictures in this issue and more can be seen at our website [www.badenoutlook.com](http://www.badenoutlook.com) in colour.

The New Hamburg No Frills grocery store opened its doors as of November 29. The retail landscape continues to change.

Till next year... Ed



*Merry Christmas!*

*Wishing you a Safe and Healthy Holiday and a Happy New Year!*

*Barry & Pat*

"The Wilmot Fire Fighters remind everyone to clear the snow from all hydrants near your homes and businesses: You never know when you're going to need them!"



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

**Christmas Clearance On Now!**

- Christmas Linens*
- Indoor Lights*

- Christmas Stuffed Animals*
- Outdoor Lights*
- Christmas Cards*
- Ornaments*
- Seasonal Apparel*

**Call for Seasonal Hours**

All proceeds benefit the work of Mennonite Central Committee

**REGULAR HOURS**

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



Season's Greetings from the  
Baden & District Chamber of Commerce



Chamber Directors: Eva Pocsai-Director at Large; Mike Douglas-VP Membership; Elaine Bechthold-Secretary/Treasurer; James Yahn-Vice President; and Sylvia Forbes- President.

In celebration of our *50th Anniversary*, the Baden and District Chamber of Commerce is proud to announce our **Outdoor Holiday Decorating Contest**.



Judging will take place on **Dec. 18th** by the Baden Chamber Board of Directors. The winners will be announced on Dec 19th, at the homes, in person, and then acknowledged in the Outlook in January.

The four categories for entrants are:

1. Best **Traditional** outdoor display
2. Best **Children's** outdoor display
3. Best **"GREEN"** outdoor display (eco-friendly)
4. Best **Overall** outdoor display

So - Get out there,  
be festive - get creative!!



**Name That Christmas Carol!**

Match these titles with common carols.

1. Bleached Yule
2. Singular Yearning for the Twin
3. Anterior Incisors
4. Righteous Darkness
5. Loyal Followers Advance
6. Array the Corridor
7. Bantam Male Percussionist
8. Monarchical Trio
9. Nocturnal Noiselessness
10. Frozen Precipitation Commence
11. Proceed and Enlighten on the Peak
12. Query Regarding Identity of Descendant
13. Delight for this Planet
14. Give Attention to the Melodious Celestial Beings
15. The Dozen Festive 24 Hour Intervals



Answers on  
page 10

**We're on the Web! See Parade Pics**  
**Visit us a [www.badenoutlook.com](http://www.badenoutlook.com)**

Season's Greetings

**PEAK**  
REALTY LTD., BROKERAGE  
[www.peakrealestate.com](http://www.peakrealestate.com)  
INDEPENDENTLY OWNED & OPERATED

**TROY HOERLE**  
Sales Representative  
**519-662-4900**  
[troyhoerle@rogers.com](mailto:troyhoerle@rogers.com)

**DOUG WAGNER, CFP**  
FINANCIAL ADVISOR  
**662-4001**

**GIC Rates as of December 12, 2008**

1 YR	3 YR	5 YR	TERMS AVAILABLE FROM 30 DAYS AND UP
3.3%	4.3%	4.4%	

*All companies are C.D.I.C. members.*

The best choice is here®

DUNDEE

PRIVATE INVESTORS INC.



## Local Author Publishes First Book

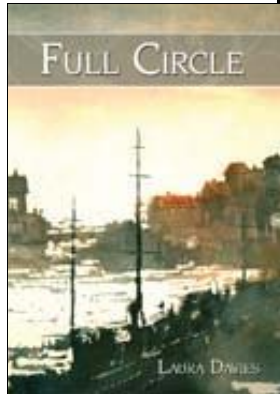
Congratulations to Laura Davies on publishing her first novel entitled "Full Circle". Laura Davies (Welton), lived in Baden at the site of the old cheese factory (which is now Coachman's Lane), and currently lives in Plattsville.

This is the story of a beautiful young woman who has everything the world of luxury has to offer: money, nice car even an upcoming arranged marriage to her best friend. But in matters of the heart, it is not enough.

**Here is a short review of the book from a reader:**

"Full Circle" is a very easy read. It is the type of book that is great to curl up with on a cold winter's day. You don't want to put the book down, for wanting to find out what was going to happen next. Laura seems to have found a way to write something that just about anyone can read. It is a nice change to read something that isn't full of swearing and explicit situations. This is definitely a book that would make a great gift for that woman in your life, be it your mother, sister, grandmother or girlfriend.

Copies of the book are available at Upper Case Books in New Hamburg.



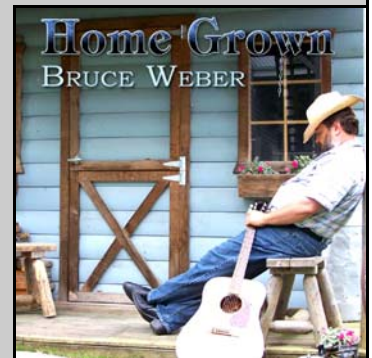
**Joe Brillhante**  
Owner

154-A Arnold St., New Hamburg, ON N3A 2C7  
Phone (519) 662-1799 1-800-679-5958 Cel. (519) 741-6153

## HOME GROWN CD ON SALE NOW -

Available at Teddy's Bakery, Egli's Meats or from the Webers directly (519-634-8652) for \$20. Ten percent of the proceeds will be donated to the Wilmot Family Resource Centre in New Hamburg. This will make a perfect Christmas gift for someone special.

The album consists of eighteen songs that move easily from country, to blues, gospel, folk, humour and even a children's song - "The Bathtub Song" inspired by his kids. The entire Weber family was involved with this project, making it extra meaningful.





# The staff at Baden Veterinary Hospital

Would like to wish everyone in the Baden Community a safe and happy holiday season!

Services Offered...

-  In house laboratory
-  Surgery
-  Dentistry
-  X-rays
-  Preventive Medicine

Now Offering...

- \* Grooming
- \* Puppy Classes




**New Clients Welcome!**      **Call 519-634-8880**



## Oh Christmas Tree!

By Verda Cook

As a child, Christmas excitement began with a tree trimming party. Popcorn and apples were the simple party fare. Christmas carols played in the background usually from the record player but sometimes on shortwave radio. Especially loved was the broadcast of the Kings College Choir over the BBC network (Now, that dates me). The tradition of a tree trimming party was carried into our married life. As our two sons entered post secondary education, they returned with friends to join in this tradition. We were fortunate enough to have a woodlot that allowed us to harvest a tree. An artificial tree was stored in the attic to act as 'stand in' on the few occasions when no tree could be taken from the woodlot.

Over the years I have noticed a new trend emerging: small evergreen trees in pots sold as live Christmas trees. A few years ago I was the recipient of such a tree, given to me after Christmas by a friend who could not maintain it in her apartment. I wondered how many of these live trees eventually go to the landfill and how many survive to become part of the home landscape.

Since then, we have been the owners of the four-foot Norfolk Island Pine which has a four-foot spread. This is an ideal solution for anyone with a small grandchild.

The tree can be set out of reach atop a table fully decorated with miniature lights and other small decorations. It is also an ideal choice for apartments or condos. When the Christmas season has ended and the decorations have been removed, the tree adds life to the living space.

The Norfolk Island Pine is native to Norfolk Island located near Australia. In South Florida, the Caribbean and South America, these trees are used as Christmas trees and in landscaping. It is an indoor pot plant in our climate. The price of a Pine is comparable to a natural Christmas Tree but this is a one time expenditure.



These plants do best in bright indirect light. They prefer day time temperatures of 68<sup>o</sup>-72<sup>o</sup>F (20<sup>o</sup>-23<sup>o</sup>C) and night temperatures of 50<sup>o</sup>-55<sup>o</sup>F (10<sup>o</sup>-13<sup>o</sup>C). The soil should be kept barely moist during winter months. In summer the plant should be well watered but allow the soil to dry slightly between thorough waterings. It requires an atmosphere of high humidity. To provide this, set the pot on a tray of pebbles and keep water in the tray. Misting the plant occasionally, will also help. It is common for a few needles on the lowest branches to drop. Sometimes the lowest branch will die. This happens as the needles and branches age, or it might be a sign of insufficient light for the lower branches. The Norfolk Island Pine can be set on the verandah during the summer, in a shaded location. They appreciate the fresh air.

There is an interesting legend on Norfolk Island. It is said that a convict named Barney Duffy escaped from prison and lived for some years in the hollow of a Norfolk Island Pine tree trunk. Until recent years, the tree was pointed out as 'Barney Duffy's Pine'. As the story is told, Duffy was eventually captured while robbing a garden and was subsequently executed.

As you decorate your tree, may the wonder and love of this beautiful season fill your world with joy.

*Have a Blessed, safe holiday.*

### Baden Feed and Supply Ltd

76 Mill Street, Baden, ON N3A 2N6

#### Season's Greetings!!

We at Baden Feed & Supply Ltd wish you a Happy Holiday and a Prosperous New Year.

*Come in and see us for your last minute Stocking Stuffers and Holiday Gifts.*



#### Store Holiday Hours:

Wednesday Dec 24 - 8 am -1 pm  
Thursday Dec 25 - Sunday Dec 28 - **CLOSED**  
Monday Dec 29-Tuesday Dec 30- Open 8 am 5:30 pm  
Wednesday Dec 31 - 8 am -1 pm  
Thursday Jan 1- **CLOSED**- *Happy New Year*  
Friday Jan 2 - 8 am - 5:30 pm  
Saturday Jan 3 - 8 am - 12:00 Noon



519-634-5474 or 1-800-265-2365  
HOURS: Mon-Fri 8-5:30, Saturday 8-12

Custom Window Treatments •  
Benjamin Moore Paint •  
Wall Coverings •

## SKOWRON

*Decorating Centre*



Reynold & Kathy Skowron

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



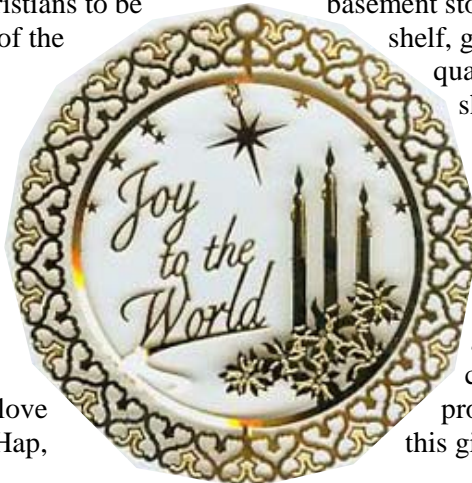
## Christmas Message from Pastor Karen Kuhnert, St. James Lutheran Church

*“Do not be afraid; for see - I am bringing you good news of great joy for all the people: for unto you, born this day in the City of David, a Saviour who is the Christ, the Lord.” Luke 2: 10b-11 (NRSV).*

We wrestle with understanding Godly challenges every week at St. James Lutheran, as do our friends-in-faith in other churches, synagogues, mosques, and temples. At St. James we'll be particularly wrestling with Luke 2 during the December 21<sup>st</sup> children's Christmas Pageant, 7 pm and the Christmas Eve, 10 pm and Christmas Day, 10 am services. All are invited and welcome.

This is the reason for the season for Christians to be sure. This is the essential proclamation of the *gospel*, that God took and takes on the vulnerability of flesh and the cruelty of the cross for the love of us, battered, bruised, broken and sinful though we are. *Soli deo gloria!* Glory be to God alone!

How do we understand such graciousness in our so-often selfish and self-centered world today? How do we understand that this triumphant birthed love *is for us* and *for all* when even in this “Hap,



Happiest Season of All” precious ones are hurting, addictions are advancing, nations are warring, the economy is struggling ...? It's, well, challenging.

We might wish that faith and grace could be found in pre-Christmas mark-down sales at local stores. I'll admit that I'd stock up! I'd flex my retail-therapy muscles by hauling case loads of God's love to my van and then down to my basement store room. But faith is not found on a shelf, grace is not found in packagable quantities at the store and cannot be shopped for or stock-piled.

Saving grace is not for us to produce, locate, purchase, control or hoard. Saving grace is to be received. It is a gift shared which finds us and sets us free from our fear-formed selfishness and self-centeredness. It's not within our capacity to fully understand the production or distribution mechanism for this gift. Yah, I know, it' challenging.



### *A Country Setting for your Counselling Needs*

*Personal growth involves finding new ways to understand and cope with past and present pain.*

*When people heal, they become able to interact with and contribute to the world in increasingly healthy and productive ways.*

*We provide prompt and confidential responses to all inquiries.*

## SOUTHERN ONTARIO COUNSELLING CENTRE

1760 Erb's Rd., St. Agatha, N0B 2L0 (519) 746-2323.  
Visit our website at [www.socounselling.com](http://www.socounselling.com)

Southern Ontario Counselling Centre is located in the quiet village of St. Agatha. Our Centre offers a pleasant and private setting.

All of our therapists are experienced and accredited professionals with graduate level training.

We provide service to children, teens, and adults. Individual, relationship, family and group counselling are offered to address a full range of issues.

**Stephanie Schmidt, Naturopathic Doctor,  
is a welcome addition to the group.  
Call ext. 502 to book a consult.**



*Let us help take care of you!*

With  
Over 12 Years Experience  
Specializing In..

White Orchid  
Skin Care &  
Nails

- \* Gel Nails
- \* Facials
- \* Manicures & Pedicures
- \* Waxing
- \* Eyelash & Eyebrow Tinting



**Call Carrie**  
for an appointment  
519-634-8436

## REFLEXOLOGY

**Dorothy Bowman**, Registered Practitioner & Teacher  
**519-634-8779**

Baden Office & House Calls



- \* *Reflexology Care*
  - \* *Reflexology Certification Training*
- [www.reflexologyontario.ca](http://www.reflexologyontario.ca)

*Call for reflexology appt. or training session dates*



New Hamburg  
Wellness Centre

DR. JOHN A. PAPA, DC  
SHEILA REINHART, RMT  
JULIE GERARDI, RMT  
MICHELLE CULBERT, RMT

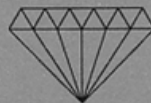
148 Peel St., Unit 10,  
New Hamburg  
519-662-4441

VISIT US ON THE  
WEB AT:

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

- CHIROPRACTIC CARE
- ACUPUNCTURE
- MASSAGE THERAPY
- ORTHOTICS
- NUTRITION & EXERCISE PRESCRIPTION

**Diamond in the Rough**  
**Spa**



**Brittany MacKinnon**

90 Peel St., Unit E,  
New Hamburg, ON N3A 1E3  
(entrance on Wilmot St.)

(519) 662-1SPA  
519-662-1772



## Taoist Tai Chi®

Internal Arts and Methods

This ancient art  
improves flexibility, balance, &  
strength in body and mind  
for all ages and  
fitness levels.



registered charity #11925 8655 RR0001

for more information  
call 519-634-8461

[www.taoist.org](http://www.taoist.org)

### Open House

Wednesday, January 7, 2009  
St. George's Anglican Church 7:30-8:30

Weekly Beginner Classes start:  
Monday, Jan. 12 9:30-11:30 am  
Wednesday, Jan. 14 7:30-9:30 pm

## Wilmot Jujitsu

Professional Self Defense

13 Foundry Street, Baden  
(519) 590-4946 - [www.wilmotjujitsu.com](http://www.wilmotjujitsu.com)



**JUJITSU** - Gentle, Effective, Balanced

Offering: - Escapes, Joint Locks, Controls,  
Pressure points and weapons.



A practical Self Defense Art

Instructor: Neil Calhoun

### Training for Children and Adults!

*Friendly, Disciplined Atmosphere, Serious Training,  
Physical, Mental and Social Development.*

Wilmot Jujitsu is pleased to offer **Ninpo Bugei**  
(Traditional Ninjutsu) to the program.



Classes will be held from 7:15 - 8:15 pm  
on Tuesdays and Thursdays and  
open to the ages 14 and up.

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







Season's Greetings from Erb Transport

**WILMOT HORTICULTURAL SOCIETY**



Annual General Meeting  
 Monday, January 12 - 7:30  
 Wilmot Recreation Complex  
 1291 Nafziger Road, Baden

Speaker- Maryanne Weiler  
 Topic: How to Make a Houseplant Standard

**SUPPORT GROUP FOR PARENTS**

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)



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

May your stuffing be tasty  
 May your turkey be plump,  
 May your potatoes and gravy have never a lump.  
 May your puddings be delicious  
 And your pies take the prize,  
 And may your Christmas dinner stay off your thighs!

(Ho Ho Ho! Just eat and be merry)  
 Happy Christmas Everyone!



**Baden Firefighters' Association Annual Dance**

Where: St. Agatha Community Centre  
 When: Saturday, January 24, 2009  
 Time: 8:00 pm to 1 am  
 Price: \$10/person  
 (Age of Majority)

Tickets are available from all firefighters and at Teddy's Bakery or Email: bfdassoc@hotmail.com

- \* Music by DJ
- \* Door prizes
- \* Cold Buffet
- \* Licensed event

This is a major fundraiser for the Baden station buying supplies and equipment used by the firefighters.



Call Kathy for an appointment at 634-5772



Shop Hours

Mon., Tues. 9:00-5:00  
 Wednesday Closed  
 Thursday 9:30-8:00  
 Friday 9:00-6:00  
 Saturday 8:30-2:00

75 Snyder's Rd. W., Baden

REPAIRS  
 UPGRADES  
 NEW & USED



SALES  
 SERVICE  
 NETWORKS

73 PEEL ST, NEW HAMBURG, ON N3A 1E7

Phone: 519-662-6720  
 Fax: 519-662-6719  
 E-mail: sales@focuscomputers.ca



Having computer troubles? Call Focus Computers. Our computer technicians will come out to your house or bring it to the shop for service or repairs.



We sell new and used systems, accessories, laptops, monitors, printers. Come check us out!

Focus has been serving the Community for over 13 years!

Hours of operation:

Monday to Wednesday 10 am -5 pm  
 Thursday 10 am -6 pm  
 Friday 10 am -7 pm  
 Saturday 9:30 am -3 pm



**NOTES FROM THE ATTIC:** *Shared Memory of Grant Bechthold - "One Ringy-Dingy"*

Grant Bechthold, who passed away at age 70 on October 23 of this year, was born and raised in Baden. He was the son of Walter and Elsie Bechthold, who owned an American Motors dealership on the east side of the Baden Emporium Complex. Grant left Baden in 1959 to move to Ottawa where he was employed by the National Research Council until his retirement.

Grant was an avid reader of *The Baden Outlook* and he sent us an e-mail about an attempted long distance phone call he tried to make from Toronto to Baden. It describes perhaps the earliest recorded techo-glitch. **Here is a copy of that email.**

In the 40's and 50's, Baden still had its own telephone system, although Bell Canada had a near monopoly. The original telephones had a crank that was rotated to reach the operator or other persons on the same line if you had a party line. The system was later modernized, so simply picking up the phone connected you to the operator. It was after Bell took over that the rotary dial system was introduced in Baden.

But, in the latter part of the 50's, I was in Toronto and tried to place a phone call home. A long distance call was initiated by calling the operator and giving her the number you wished to reach. My Dad's car dealership had the phone number "two". The following is what occurred as I attempted to call home:

Grant: I wish to place a call to Baden, Number 2.  
Operator: Yes. (Long Pause)

G: Baden, Number 2.  
O: Yes, Two what?  
G: Baden, Number 2.  
O: Yes. Two what?  
G: I want to place a call to Baden, Number 2.  
O: What are the other numbers?  
G: It's just Baden, Number 2.  
O: There have to be five digits. (In those days Bell had a two letter code for the exchange, ie PE for Pennsylvania, followed by five digits).  
G: I'm calling the town of Baden and the Number is 2.  
O: But there have to be five digits.  
G: Will you place the call to the Kitchener operator and ask her to connect to the Baden operator and ask for Number 2?



Reluctantly she does so, although I am left with the feeling that she still doesn't believe me.

O: (To the Kitchener operator) Will you connect me to the Baden operator for N u m b e r 2 ? The Kitchener operator does this and the call goes through immediately. I often wished I knew the operator's thoughts on having a call go through on a single digit number. And, thus ends an era.

*The Baden Outlook would like to offer our condolences to the Bechthold family.*



**BADEN COFFEE COMPANY**  
COLLECTION

**CUSTOMER APPRECIATION!**

WE WANT TO THANK YOU FOR YOUR BUSINESS  
PLEASE JOIN US SATURDAY DEC. 20 AND 27  
ENJOY FREE COFFEE AND TREATS

*Visit us and you'll find  
great gift-giving ideas!*

*You're sure to find the perfect gift basket.  
Or, be creative and choose a basket and all your  
favourite Baden Coffee products to make your own.*

Proudly Canadian Owned 

*"Experience a World of Exquisite Coffee"  
at our retail store at 1427 Gingerich Road, Baden.*

Phone: 519-634-5807, Fax: 519-634-5183  
Email: [badencoffee@bellnet.ca](mailto:badencoffee@bellnet.ca) / [www.badencoffee.com](http://www.badencoffee.com)

*Holiday Hours: Monday - Friday 8-5, Saturday 9-3*

*Merry Christmas from your friends at Baden Coffee!*



*Our Featured Coffee:*

*Holiday Flavour Blend - \$12 lb*  
(orange brandy, chocolate cherry, cinnamon)

*Fair Trade Organic  
Christmas Morning - \$14 lb*

## A BIG THANK YOU!

The Senior Girls Basket Ball team would like to thank all of the teachers, students, friends and families who attended the Spaghetti Dinner Fundraiser. The evening was a big success. Lots of great spaghetti was dished out to many hungry people.

Many in attendance took the opportunity to connect and visit with friends and neighbours as they lingered over a delicious dessert and a great cup of coffee.

A big thank you to the local businesses in our community who donated food.

## Nith Valley Animal Hospital



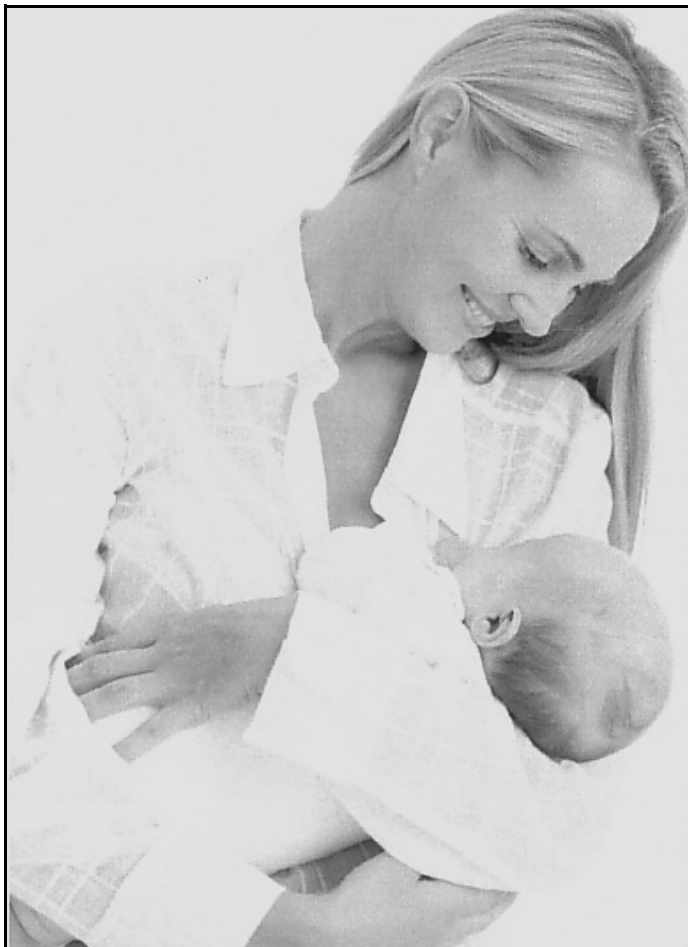
FULL VETERINARY SERVICES  
FOR YOUR PET

78 Huron Street, New Hamburg  
Phone: 519-662-2749

24 Hour Answering for our clients.

Answers from Christmas Carol Quiz pg 3

1. White Christmas
2. All I Want for Christmas is My Two Front Teeth
3. O Holy Night
4. O Come, All Ye Faithful
5. Deck the Hall
6. Little Drummer Boy
7. We Three Kings
8. Silent Night
9. Let it Snow
10. Go, Tell it on the Mountain
11. What Child is This?
12. Joy to the World
13. Hark! The Herald Angels Sing
14. The Twelve Days of Christmas



## *New Parents? Now At Home?*

Introducing

## *Parents Together*

Structured Activities for Your Preschool Children  
Support, Discussion Groups and Guest Speakers for You

Wednesdays 9:30-11:00 am Beginning January 7, 2009  
St. James Lutheran Church

*Information and to Register:*

Chris: 519.634.5929  
Arlene: 519.634.8904  
Donna: 519.634.8164

A Free and Joint Program of Safe Pasture and St. James



## Baden Branch Library News

### *The Twelve Days of Christmas at the Baden Library*

On the first day of Christmas my library gave to me:

**Holiday Hours: December 24 – 26: Closed**

**December 27: 10 a.m. – 1 p.m.**

**December 30: 2:30 – 5:30 p.m. & 6:30 – 8:30 p.m.**

**December 31: 10 a.m. – 12 p.m. & 2:30 – 5:30 p.m.**



On the second day of Christmas my library gave to me:

**The annual magazine sale – great deals on past issues of your favourite magazines!**

On the third day of Christmas my library gave to me: **Family Storytime on Thursday evenings from January 8 – March 5 from 6:45 – 7:30 p.m. Read, play games and learn about literacy in fun ways. Recommended for parents/caregivers and children ages 3 – 7 years old. Drop in – it's free!**

On the fourth day of Christmas my library gave to me: **Holiday books, movies and music!**

On the fifth day of Christmas my library gave to me:

**Computers for Adults – Intermediate Classes beginning Tuesday January 6 – March 9 from 3:15 – 5:15 p.m. OR 6:15 – 8:15 p.m.**

*(Put your name on a waiting list for spring beginner classes!)*

**Cost is \$125 for eight sessions and registration is required.**

On the sixth day of Christmas my library gave to me: **The Kids Book Club for ages 7 – 10 years old. The Book Huggers next meeting is Wednesday December 17 from 4:00 – 4:45 p.m.**

On the seventh day of Christmas my library gave to me: **A Holiday Candy Guess!**

On the eighth day of Christmas my library gave to me: **Lots of great new books for adults, teens and kids!**

On the ninth day of Christmas my library gave to me: **ALL NEW Read With Me Kits that promote early literacy skills in children age newborn to 6 years old. Kit themes include Baby Sign Language, Dora and Friends, Tick Tock 123 and many more!**

On the tenth day of Christmas my library gave to me: **New French books for children of all ages!**

On the eleventh day of Christmas my library gave to me: **Storytime for children ages 3 -5 years old begins the week of January 6. Choose from Tuesday afternoons 1:45 – 2:30 OR Wednesday mornings 9:15 – 10:00. Some spaces are still available.**

On the twelfth day of Christmas my library gave to me: **Happy wishes for a special holiday season and wonderful New Year!**

Submitted by Chris Baechler,  
Assistant Supervisor, Baden Branch



## Welcome Benjamin to Baden!



Kristina and Brad Ziegler and big brother Ayden are happy to announce the arrival of Benjamin Parker Ziegler. Benjamin was born at Grand River Hospital on November 6th, weighing 9 lbs. 13 oz.



Welcoming him also are proud grandparents, Rose and Peter Bettiol of Winterbourne, Dick and Carol Parker of Kitchener and Cliff and Bonnie Ziegler of Kitchener. Welcome to the world Ben, we all love you so much!

**OK TIRE STORES**

**AC Tire Sales & Service**  
**24 Hour Mobile Service**

Corner of Nafziger Road & Highway 7 & 8  
FARM - PASSENGER - TRUCK

**(519) 662-4990 • Fax (519) 634-5576**

New Hamburg, Ontario

**NEW HAMBURG**  
**OFFICE** **PRO**

*Seasons Greetings*

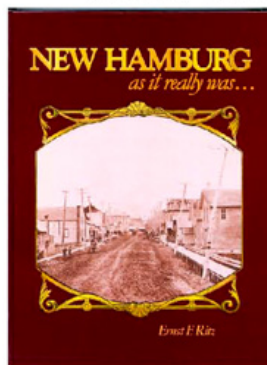
**NEW HAMBURG**

as it really was...

Ernst F. Ritz

**\$35.00**

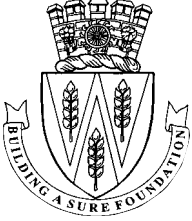
Including GST  
History Book  
Makes a great gift



100 Mill St., New Hamburg

Phone 519-662-3710





## Township of Wilmot

### Snow Removal

**1) Help Your Hydrant**

If your hydrant is buried by drifts or snowbanks, please dig it out or call the Public Works Department at 519-634-8444

**2) Remember.... You Have 24 Hours**

All property owners are required to remove snow and ice on the sidewalks adjacent to their property 24 hours after a winter storm ends.

**3) Don't Get the Windrow Woes**

We understand your frustration when you clear your driveway and then a plow comes by and leaves a pile of snow – a windrow. Unfortunately it's impossible to plow without leaving one.

**4) Ask Yourself if it's Wise to Park**

Parked cars are a snowplow operator's biggest obstacle. If your street has not been plowed please do not park on it. Parking is prohibited for a period of time longer than 3 consecutive hours and also between 2:30 a.m. and 6:00 a.m. all year round. During the winter season, By-Law Enforcement will be actively enforcing this provision in order to alleviate any interference with snow clearing operations. Failure to adhere to the by-law may result in a fine or towing of your vehicle.

**5) By-law 84-72**

Please remember that it is illegal to deposit snow from driveways / laneways onto the road. Those found to be in contravention of the by-law may be subject to a fine up to \$2,000.

**6) Be Patient**

When plowing operations begin in a snow event the plows have routes to follow that are designed to minimize duplication and maximize efficiency. Plowing operations take approximately 5 hours without an excessive amount of snow, longer with more. Sanding and salting operations commence after plowing.

**7) Curbside Basketball Nets**

Please ensure that basketball nets are placed well away from the edge of the roadway to allow for safe and efficient plowing operations.

**Any questions or concerns regarding snow removal may be directed to the Public Works Department at 519-634-8444**

**LIVEWELL**  
MASSAGE THERAPY  
26 Foundry Street, Unit 1 / 519-634-9819

Wishes you  
a happy and  
healthy  
holiday!!

We offer Registered Massage Therapy,  
Custom Orthotic Therapy and Ion Detox  
Therapy by appointment Only.

*Happy Holidays from*

**BADEN**  
DENTAL CLINIC

Conveniently located close to home.

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

We welcome new patients

For an appointment, please call  
**519-634-1112**  
26 Foundry Street, Baden



# Christmas Word Search

H	G	I	E	L	S	A	M	T	S	I	R	H	C	C
Z	T	U	Y	T	T	C	W	U	R	E	T	P	Y	A
N	O	W	A	L	T	L	A	I	N	O	Q	L	H	H
H	T	R	I	B	E	L	O	P	H	T	R	O	N	N
T	W	O	N	S	C	A	P	S	A	E	L	D	Z	L
E	W	O	N	A	E	S	Q	N	B	L	C	U	O	C
H	T	I	T	A	M	M	G	M	Y	T	S	R	I	A
M	T	N	W	T	R	E	E	M	S	S	E	V	L	E
S	A	J	A	R	L	C	N	N	Y	I	O	C	E	E
S	T	N	E	S	E	R	P	T	F	M	E	U	K	G
P	O	H	G	D	S	A	S	Y	S	T	M	F	M	P
A	A	I	G	E	P	O	T	B	H	Q	K	K	T	U
X	H	C	N	I	R	G	F	H	O	P	J	G	W	P
J	G	P	Q	F	L	L	I	B	S	G	W	X	Z	X
A	X	A	D	U	N	R	G	H	E	O	O	F	Q	M

Find the Christmas related words in the grid. They can be found horizontally, vertically, diagonally, forwards and backwards. Good luck... Ho Ho Ho, have fun!



The answers are on page 17

- |           |             |
|-----------|-------------|
| Angels    | North Pole  |
| Birth     | Ornaments   |
| Christmas | Presents    |
| December  | Rudolph     |
| Elves     | Santa Claus |
| Frosty    | Sleigh      |
| Gifts     | Snow        |
| Grinch    | Star        |
| Holly     | Tinsel      |
| Lights    | Tree        |
| Manger    | Wisemen     |
| Mistletoe | Wreath      |



## TEDDY'S BAKERY

*We apologize for the inconvenience caused by the incorrect phone number in last month's ad*

Ryan & Stacy Waters  
55 Snyder's Road W., Baden  
519-634-5225

POSTAL OUTLET \* LOTTERY \* GROCERY \* PHOTOCOPY \* FAX  
ICE CREAM \* DRY CLEANING \* MOVIES \* RESTAURANT \* BAKERY

Serving Breakfast & Lunch 7 Days A Week / Dinner Wednesday - Saturday

*Please join us for the Christmas Community Dinner & Hayride  
December 19 & 20 7:00 pm  
Call ahead to reserve your time.*

**Call on Teddy's for your Christmas & New Years Eve Entertaining ...  
Appetizers, Dinners & Treats**

**We have wonderful  
homemade cookie trays,  
tortes, donuts, cinnabuns,  
breads, buns and much more!**



*Have a Safe & Happy Holiday  
from your friends at Teddy's*

**Holiday Hours:**  
Dec. 24, 7 am-5 pm  
Dec. 25, closed  
Dec. 26, Variety Store open 8 am-10 pm  
*Coffee, treats & cookie trays available*  
Dec. 27-31 Regular store hours  
Jan. 1st, closed

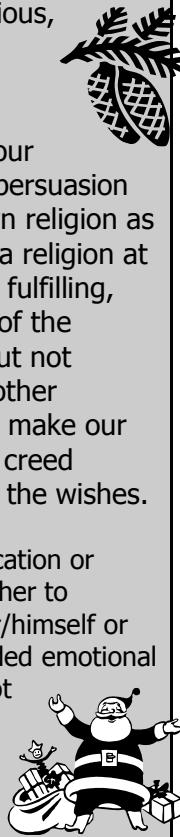


## A Politically Correct Holiday Greeting

Best wishes for an environmentally conscious, socially responsible, low stress, non-addictive, gender-neutral, winter solstice holiday, practiced within the most joyous traditions of the religious persuasion of your choice, but with respect for the religious persuasion of others who choose to practice their own religion as well as those who choose not to practice a religion at all; plus... a fiscally successful, personally fulfilling, and medically uncomplicated recognition of the generally accepted calendar year 2008, but not without due respect for the calendars of other cultures whose contributions have helped make our society great, without regard to the race, creed colour, religious, or sexual preferences of the wishes.

Disclaimer: This greeting is subject to clarification or withdrawal. It implies no promise by the wisher to actually implement any of the wishes for her/himself or others and no responsibility for any unintended emotional stress these greetings may bring to those not caught up in the holiday spirit.

*Happy Holidays... Ho! Ho! Ho!*



Warm your holiday spirits and visit historic Castle Kilbride. A tour through Wilmot Township's National Historic site is truly a magical time. The table is set, the trees are trimmed, and the warmth and charm will kindle your holiday spirit.



Until **December 31<sup>st</sup>**, Castle Kilbride is **fully decorated** in Victorian Christmas splendour. Each room throughout the 1877 Victorian mansion sparkles with themed trees and festive decorating. The Castle showcases traditional decorating based on Scottish, German, French and Victorian influences. Did you know, when decorating the Christmas tree, it was a tradition for the parents to hide a pickle amongst the branches? The first child to find the Christmas pickle ornament would receive an extra gift. A pickle used as an ornament on the Christmas tree seems odd, but this is an old German tradition. This is just one of many traditions to be re-discovered here at Castle Kilbride.

**For more information, contact:**

Tracy Loch, *Curator/Director*, [tracy.loch@wilmot.ca](mailto:tracy.loch@wilmot.ca) (519) 634-8444 x256 or 1-800-469-5576  
Or visit our website! [www.castlekilbride.ca](http://www.castlekilbride.ca)

*30 Years Helping People Move in  
Baden, New Hamburg, Wellesley & K-W*

**RE/MAX** Twin City Realty Inc., Brokerage

**Peter Gingerich**

sales person

[peter.gingerich@rogers.com](mailto:peter.gingerich@rogers.com)

**519-662-4955**

106 Huron St., New Hamburg  
each office independently owned and operated



**Anything less  
is second best!**



# Please Take My Card!



**Dollmann**

Eyecare Centre

251 B (Back) Huron Street, New Hamburg

Evening appointments—New Patients Welcome

**519-662-3340**

Contact Lenses & Laser Consultations

www.eyecareforlife.optometry.net

*Progressive care that can enhance your quality of life.*



**Dr. William Slinger**

Dental Office 519-662-3510

Family & Cosmetic Dentistry

*"So much begins with a smile"*

New Patients Welcome

*Serving your community since 1977*



**AFFORDABLE**

**GARAGE DOORS & ELECTRIC OPENERS**

Residential Sales, Service & Installation

**(519) 634-9509 David Falconer**

**INSULATED PANELS & ENCLOSURES**

Great for ... Shelves, exterior siding, sheds,  
Compounds, Interior Walls, Awnings,

Under heated floors  
Reduce, Reuse, Recycle



**upper case books**  
"for the independent mind"

Kristen Hahn

81 Peel St. New Hamburg, ON N3A 1E7  
Ph. 519-662-3535 Fax. 519-662-1110  
info@uppercasebooks.ca www.uppercasebooks.ca



## Hugs

It's a wondrous what a hug can do,  
A hug can cheer you when you're blue  
A hug can say 'I love you so'  
Or, 'Gee! I hate to see you go.'

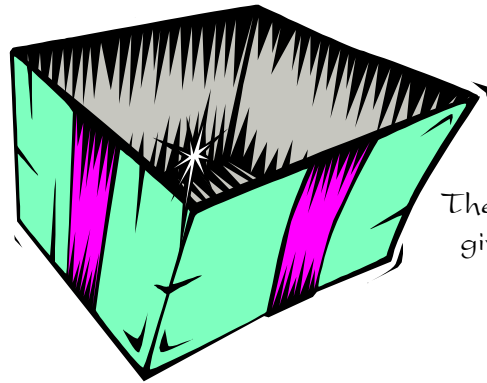
A hug is 'Welcome back again!'  
And 'Great to see you, where've you been?'

The hug! There's just no doubt about it  
We scarcely could survive without it.  
A hug delights and warms and charms,  
It must be why we have two arms.

Hugs are great for fathers and mothers,  
Sweet for sisters, swell for brothers.

Kittens crave them, puppies love them.  
Heads of state are not above them,  
A hug can break the language barrier  
And make the dullest day seem merrier.

No need to fret about the store of 'em  
The more you give, the more there are of 'em.  
So stretch those arms without delay  
And give someone a hug today.



A hug -  
The gift you can  
give all year!!

GIVE THE GIFT OF MUSIC

call 519-634-5555

THIS CHRISTMAS

beginner lessons in guitar, bass, violin

piano and voice negotiable

holiday special 15% off

offer applies to new students who  
sign up for 4 weeks of lessons.

Accepting students for the winter semester

Stephen Preston musician



e-mail: bassdistraction@yahoo.ca



# 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.

Please support the advertisers of this paper.

*We couldn't do it without them!!*

Submissions are due on the 1st of each month.



## Local Churches Welcome You



### LIVINGSTON PRESBYTERIAN CHURCH

44 Beck St. at Mill, Baden

Sunday Worship 9:30 am

*All Children Welcome!*

Minister: Rev John Deyarmond - 747-9902

Contact Person: Wendy von Farra - 662-3002



*Come join us in praise.*

### ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden ON

519-634-5191 Email: arly2518@rogers.com

MINISTER - Pastor Karen Kuhnert

Sunday Worship 10 am - Sunday School 9:55  
Nursery care provided.



Dec. 24th - Candlelight Service 10 pm.  
Dec. 25th- Christmas Morning Service 10 am.

*a partners-in-harvest church*



## safe pasture

*passionate for God; compassionate to people*

Sunday's 11:15 | 44 Beck Street | 634-5906 | safepasture.com



### Wilmot Centre Missionary Church [www.wilmotcentremc.org](http://www.wilmotcentremc.org)

2463 Bleams Road  
R.R.#2 Petersburg, Ont.

Rev. Don Mills  
Rev. Wayne Domm

Phone: 519-634-8687  
Fax: 519-634-5090  
Email: office@wilmotcentremc.ca



SERVICE TIMES - 9 & 11 am  
SUNDAY SCHOOL 9:30 am  
CHILDREN'S WORSHIP 11:30 am

Where there is hope for the future

### EMMANUEL LUTHERAN CHURCH

*(Member of Lutheran Church-Canada)*

1716 Snyder's Road East  
Petersburg, Ontario  
519-634-5511

[www.petersburgchurch.org](http://www.petersburgchurch.org)

**Worship Service: 9:30 AM**

Sunday School, Bible Study, Youth Group, Women's Group,  
Stained Glass, Quilting, Choir

*"Spreading the Word of our Lord, Jesus Christ since 1851"*



*Come Worship  
with us 9:30 a.m.*

*Sunday School 10:45*

*Pastor Dave Rogalsky*

### WILMOT MENNONITE CHURCH

2995 Bleams Road, New Hamburg, ON 634-5030



### Steinmann Mennonite Church

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

Children's Club  
Youth Group - Friday  
Young Adult and Adult groups  
Worship: Sunday, 9:45 a.m.

Sunday School: Preschool - Adult, 11:00 a.m.

**Dec. 24, 7:00 p.m. -  
Christmas Eve Service**



634.8311 [www.steinmann.on.ca.mennonite.net](http://www.steinmann.on.ca.mennonite.net)



# Christmas Forecast



Turkeys will thaw in the morning, then warm in the oven to an afternoon high near 300°F. The kitchen will turn hot and humid, and if you bother the cook, be ready for a severe squall or cold shoulder.

During the late afternoon and evening, the cold front of a knife will slice through the turkey, causing an accumulation of one to two inches on plates. Mashed potatoes will drift across one side while cranberry sauce creates slippery spots on the other. Please pass the gravy.

Weight watch and indigestion warnings have been issued for the entire area, especially around the beltway. During the evening, the turkey will diminish and taper off to leftovers, dropping to a low of 34°F in the refrigerator.

Looking ahead to the next two days, high pressure to eat sandwiches will be established. Flurries of leftovers can be expected both days with a 50 per cent chance of scattered soup late in the day. We expect a warming trend where soup develops.

By early next week, eating pressure will be below normal.



**Melodie Mensch**  
Sales Representative  
519-747-0231  
f: 519-747-2958  
e: Melodie@AtHomeInKW.com  
w: www.AtHomeInKW.com

*Dianne & Melodie*  
**Stickney Mensch**  
Sales Representative

Your At Home Partners



Answer to Word Search on page 13

H	G	E	L	S	A	M	T	S	I	R	H	C	C
Z	T	U	Y	T	C	W	U	R	E	T	P	Y	A
N	Q	W	A	L	T	L	A	I	N	O	Q	L	H
H	T	K	B	E	L	O	P	H	T	R	O	N	N
T	W	O	N	C	A	P	S	A	E	L	D	Z	L
E	W	O	N	E	S	Q	N	B	L	C	U	O	C
H	T	I	T	A	M	M	G	M	Y	T	S	R	I
M	T	N	W	T	R	E	M	S	E	V	L	E	E
S	A	J	A	R	L	C	N	N	Y	I	O	C	E
S	T	N	E	S	E	R	P	T	F	M	E	U	K
P	O	N	G	D	S	A	S	Y	S	T	M	F	M
A	A	I	G	E	P	O	B	H	Q	K	K	T	U
X	H	C	N	I	R	G	F	H	O	P	J	G	W
J	G	P	Q	F	L	L	B	S	G	W	X	Z	X
A	X	A	D	U	N	R	G	H	E	O	O	F	Q

# W & W Liquidators



*Handles / Hinges / Knobs / Spindles / Cabinet Hardware*



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



**Bob & Jean Wood**

**\*\* Residing in Baden for 45 years \*\*  
In business for over 20 years.**

*“ We have more knobs than  
you can handle!! ”*

**Over 5000 handles and knobs!**



Monday to Friday 9 am - 6 pm, Saturday 9-4:30  
Sunday - Closed



## Interesting People – Meet Dave Rogalsky

This is a very special year for Pastor Dave Rogalsky. He is celebrating 25 years in the ministry, 30 years of marriage to his wife Annmarie and 50 years of life. He was recently installed as pastor at Wilmot Mennonite Church on Bleams Road.

Dave, originally from St. Catharines, met Annmarie through a church youth group while they were in their final years of high school (1977). Annmarie, who is originally from Paraguay, married Dave one year later. They have two children – Allan, who will be married next year, and Liz, who was married last year to her husband Mike.

Dave's academic credentials include a Bachelor of Arts in Religious Studies from the University of Winnipeg and Mennonite Brethren College in Waterloo plus a Master's degree from the Associated Mennonite Biblical Seminary in Elkhart, Indiana.

Dave's first position in the ministry was at Winkler, Manitoba as an associate Pastor for five years beginning in 1983. The last two postings, Hanover and East Zorra, were in an intern pastor position. He helped both churches in establishing a vision and commencing the process to achieve their goals. He feels that Wilmot Mennonite is in a transformation period and his past experiences will be an asset to them.

Dave and Annmarie enjoy the outdoors, hiking, camping, bird watching and gardening. Ann Marie graduated in the spring of 2007 with Honours Bachelor of Arts in Fine Arts, from University of Waterloo, with a passion for painting. Dave enjoys wood working and making wine directly from grapes.

Dave also works 30 hours a month as the eastern correspondent for the Canadian Mennonite Magazine. The magazine is published 24 times a year, with circulation of 16,000 across Canada but is read by 30,000 to 35,000 people worldwide. There are five correspondents across Canada (British Columbia, Alberta, Saskatchewan, Manitoba and Eastern Canada) and Dave's territory includes Ontario, Quebec and one church in New Brunswick. Here he reports news, events and lifestyles that are associated with the Mennonite Church. You will be sure to see him at the Mennonite Relief Sale in New Hamburg each year. He is given feature articles from time to time and is currently working on "Post-Modernity in the Church".

Dave feels a strong desire to serve his faith by caring for the Wilmot Mennonite congregation. He is happy to be serving close to home, as he lives in Waterloo, and is looking forward to growing with Wilmot.



**519-662-2632**

25 Byron Street  
New Hamburg, ON N3A 1P1



**519-656-3355**

1215 Queen's Bush Rd., Unit 2  
Wellesley, ON N0B 2T0

### We Welcome New Patients and Emergencies

Dr. Miyen Kwek  
Dr. Ruth MacCara  
...and Associates

*Proudly serving Wilmot Township  
for over 30 years.*

#### WE OFFER THE FOLLOWING SERVICES:

- \* General and cosmetic dentistry
- \* Preventive dental care
- \* Emergency dental care (seen the same day)
- \* Braces and orthodontics for children and adults
- \* Oral surgery (including wisdom teeth)
- \* Crowns and bridges
- \* Implants and dentures (to replace missing teeth)
- \* Root canal treatment
- \* Bleaching/whitening
- \* Headache/migraine control (related to TMJ)



# Get me off this roller coaster! The demands of Doing-It-All

By Susan Rosenblum, M.S.W., R.S.W.—Southern Ontario Counselling Centre

For most people, juggling the demands of career and personal life is an ongoing challenge. The stress of “doing it all” can lead some to feel overwhelmed, overloaded, and stressed to the max. Over time, this can lead to burnout.

Being stressed can lead to problems in relationships, loss of interest in sex, sleep deprivation or over-sleeping, and a loss of interest in things previously enjoyed. Sometimes people cope with the discomfort of stress by using alcohol, drugs, gaming, or addictive behaviours. Striking a work-life balance takes a bit of effort, and is a continuous process.

### What is burnout?

It is an exhaustion that comes from excessive stress and demands caused by jobs, family responsibilities, friends, self, or societal expectations. It zaps our energy, and can interfere with our ability to cope. It evolves over time and accumulates from on-going stress.

### Signs of stress and burnout:

Stress is marked by feelings of being trapped, in powerlessness, hopelessness, exhaustion, detachment, isolation, irritability, frustration, failure, cynicism, and apathy. It can make people feel uninterested in the things previously enjoyed.

### Strategies to deal with burnout:

- **Time management.** Your time is like your income: it is finite, so try to budget your time the way you do your money. Notice how much time you spend doing your various activities.
- **Prioritize:** Sometimes we want to do more than is actually possible. Set priorities for what is most important. Let go of some of the tasks.
- **Take control.** People tend to feel better when they have some control, choice and flexibility in their lives at work and at home.
- **Learn to say no.** This means deciding what you need, or want, in your life. It's OK to say no respectfully. You will make more room in your life for the activities that you have prioritized.

- **Leave work at work.** With technology to connect to anyone at any time from virtually anywhere, there's no boundary between work and home — unless you create it. Make a conscious decision to separate work time from personal time. For instance, turn off your cell phone, put away your laptop computer, and don't answer the phone during personal or family time.
- **Rethink your cleaning standards.** An unmade bed or sink of dirty dishes won't impact the quality of your life. Do what needs to be done and let the rest go. If you can afford it, pay someone else to clean your house.
- **No more guilt.** Remember, having a family and a job is OK — for both men and women.
- **Take care of yourself.** Set aside time each day for an activity that you enjoy, such as walking the dog, playing with a child, working out or listening to music.
- **Time for recreation.** At least once a week, take the phone off the hook, turn off the computer and the TV. Find activities you can do with your partner, family or friends that will rejuvenate you.
- **Sleep enough.** There's nothing as stressful and potentially dangerous as being sleep-deprived.
- **Exercise.** Getting daily physical exercise is known to be a stress-buster. Get moving in any way that works for you — walking, biking, playing a sport, throwing a ball or Frisbee. It doesn't matter what it is.
- **Nutrition.** Take time to build healthy meals into your schedule. Healthy doesn't mean it takes longer, in fact it can be faster and cheaper than “fast food” -- And it makes you feel good.
  - **Emotional Supports.** Cultivate a network of friends and relatives who can support you.
  - **Seek professional help.** Everyone needs help from time to time. If you feel overwhelmed, talk with a professional, such as a counsellor or your family doctor.

Balance does not mean doing it all. Look at your priorities and set boundaries. Be firm in what you can and cannot do. Only you can be the judge of what you need in your life.



WILMOT HERITAGE FIRE BRIGADES

WILMOT HERITAGE FIRE BRIGADES  
wishes everyone a happy and safe  
holiday season!

Call Teresa at 519-634-8580 for information  
or just drop by the museum (behind the Baden  
Fire Station) Wednesday evenings



Sisters

PAINTING AND DECORATING

INTERIOR/EXTERIOR \* FAUX FINISH  
Call for Free Estimate  
Quality Work - 20 Years Experience

Call Debbie (519) 662-6210



# Seasons Greetings to You!!



Thanks to Angela & Marc Desjardins for sharing their photos.

## Happy Holidays!



**Baden's Alina Telescu**  
Sales Representative  
Royal LePage, Wolle Realty,  
Brokerage  
842 Victoria St. N,  
Kitchener N2B 3C1  
office : 519-578-7300 ,  
cell : 519-504-2588



Helping you is what we do. **ROYAL LEPAGE**  
www.royallepage.ca

Sell or Buy a house with me...  
(even a new one-from a builder !) and  
cruise for free ! 5 days/4 nights; for 2  
people; 3 destinations to choose from; this  
is NOT a draw -all my clients receive one.  
\*port fees and airfare not included



## HAIRWORKS 634-5140

36 Snyder's Road E, Baden

Nothing's more refreshing than a new look.  
Make heads turn -  
Try something new & exciting!!

*P.S. Watch for  
changes at Hairworks*

*Tues-Fri. 9-8, Sat 8-3*





**Santa Claus Parade Winners**

- \* 1st overall was the New Hamburg Vet Clinic .
- \* 2nd overall was the Wilmot Heritage Fire Brigades.
- \* 3rd overall was the Nith Valley Sno Surfers
- \* Best Commercial Entry was Teddy's Bakery
- \* Best Family Entry was Horsin' Around Gang
- \* Best Children's Entry was Creative Beginnings Childcare Centre



**Riverside Flowers**  
 & gift studio  
 519-662-1411  
 www.riversideflowers.ca  
 55 Huron St.  
 New Hamburg, Ontario  
 N3A 1K1

**Elwood-Pikor Painting**  
**634-8129**

- \* FREE Colour Consultations
- \* Faux Finishes - Interior / Exterior
- \* Call for free estimate
- \* Fully Insured

*Let Fred & Greg put new colour on your walls and give your home a fresh look!*

## Baden Outlook Hockey Pool Stats

Place	Name	PTS	Place	Name	PTS
1st	Landon Roth	331	31st	Lisa Holba	306
2nd	Janet Mckee	329	31st	Paige Lawrence	306
3rd	Bruce Leis	328	33rd	Dale Osburn	305
4th	Adrien Lajoie	327	33rd	Graham Moore	305
5th	Kevin Erb	325	33rd	Justin Steinman	305
6th	Bill Slumskie	323	33rd	Kurtis Feick	305
7th	Ray Miller	322	33rd	Kyle Erb	305
8th	Paul Jacklin	321	33rd	Mandy Manson	305
8th	Wayne Stock	321	33rd	Paul Hammer	305
10th	G.schwarzentrub	317	33rd	Rita Vitello	305
11th	Tristan Culbert	316	41st	Craig Bell	304
12th	M. Lozinski	315	41st	Ryan Boronka	304
12th	Ryan Schnarr	315	41st	Ty Brenner	304
14th	Chris Murray	314	44th	Dan Munroe	303
14th	Sarah Kinch	314	44th	John Kreller	303
16th	Colin Hammer	312	44th	Ken Morrison	303
17th	B. Hopiavuori	311	44th	Nathan Metcalfe	303
17th	Tracy Erb	311	48th	Darryl Roes	302
19th	Ben Yeates	310	48th	David Kleine	302
19th	Lauren Coxon	310	48th	John Westlake	302
21st	Kelly Kittmer	309	48th	Marg Leppington	302
21st	Una Taves	309	48th	Sam Simpson	302
23rd	Brad Honderich	308	48th	Sherrie Coxon	302
23rd	Jack Coxon	308	54th	Betty Yantzi	301
23rd	Jane Leis	308	54th	Brenda Carney	301
23rd	Josh Frank	308	54th	Corey Hakkers	301
27th	Dave Flood	307	54th	Wendy Held	301
27th	Dick Potvin	307	58th	Bob Leppington	300
27th	James Osburn	307	58th	George Gilbey	300
27th	Pat Marchione	307	58th	Gerrie Culbert	300

**Congratulations to Landon Roth**  
for taking the lead in this month's  
**Hockey Pool - winning a gift**  
**certificate from EJ's of Baden.**

The lucky random draw winners  
are **Don Culbert**, winning a gift  
certificate from **Egli's Meat**  
**Market**, and **Evy Cobean**,  
winning a home-style  
breakfast from **Teddy's Bakery**  
and a **Baden Outlook** shirt.

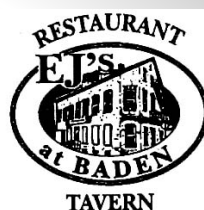


## EGLI'S MEAT MARKET

162 Snyder's Road East  
Baden, Ontario N3A 2V6  
634-5320

*Choose Egli's quality meats  
when entertaining this  
holiday season.*

*Holiday Hours: Dec 22,23 8-5  
Dec. 24 8-12, Dec 25-28 - Closed  
Dec 29-30 8-5, Dec 31 8-12  
Jan 1-6—Closed*



Matt & Jackie Rolleman  
39 Snyder's Road W, Baden  
519-634-5711

*Closed January 4-11*

*Happy Holidays from  
Matt, Jackie and  
the staff from EJ's*



**WOW! Sports fans...Thanks for playing hockey with us! There are 521 entrants in this year's Outlook Hockey Pool. Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow the stats log on to our website at [www.badenoutlook.com](http://www.badenoutlook.com) - Click on sports pool—choose "hockey " the pool I.D. is outlookhockey and the password is quest. The top 100 entries will be listed. -To view all teams click on "more teams" on bottom of page. Have Fun and Good Luck!**







# A NEW COMMUNITY CONCEPT



**IN BADEN**

Priced From

**\$214,900**

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

**Now Selling**



**The Princeton 1531 sq ft**



**The Oxford 1439 sq ft**

**Standard Features Include:**

- ceramic floor
- asphalt driveway
- main floor brick
- rounded drywall corners

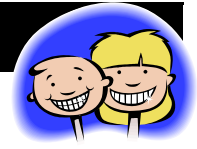


**The Harvard 1605 sq ft**

**Christine Peck, Sales Associate • 519-778-7717 • 519-662-1001**

# Holiday Traditions

By Grade Two Class of Baden Public School



We go to my Grandma's and Grandpa's house for Christmas and open presents and we get to look in our stockings. And last year we got underwear. I get lots of different toys each year.—Rachel

My traditions is my brother's birthday and it is Christmas Day. My family goes to my cousin's and I play his PS-2.—Ryan.

On the 24th of December we make Christmas cookies for Santa and for the reindeer. They have celery and some dip and I am happy! - Cameron

One of our holiday traditions is we always go to my Grandmother's house and spend time with each other. And it makes me feel good.—Jake

My tradition is football Sunday. On football Sunday we bet money, we watch games and whoever gets the most games right wins, and the fun part is we play football in the backyard and I feel great.—Jake

For Christmas I go to a tree farm and I get a Christmas tree and I get to pick it out. We hang up stockings and then we hang up decorations for the tree.—Aidan

Every holiday I celebrate Christmas because every Christmas I wake my brothers up and my parents and go open my presents and that was fun. On Saturday I was in the parade handing out tooth brushes and that was really fun too.—Jessica

My traditions for Christmas is getting presents from my family and I go to bed early on Christmas night.—Julia

Every Christmas I wake up my family and then my family and me open the presents. Its fun.—Scott

On Christmas my Family wake up early and we open presents. We give xo xo xo xo.—Ainslee

On every December 10th we put the Christmas tree up and decorate it with beautiful ornaments.—Conner

Every Christmas I go Christmas shopping with my Grandmother and my cousins at the store to buy presents for my family and my dog.—Zack

I decorate for Christmas as a family. My Dad puts up the tree and my Brothers and me and my Mom decorate the tree. Then me and my brothers put the star on the tree.—Kicran



Every year we are in the parade when it is Christmas time of the year and that was my first . My second favourite one is Christmas because we get to open the presents on Christmas eve, it is just so fun here. My third favourite thing is Easter because in the morning we get search for the eggs and I get to eat the eggs when I found all of it. My fourth favourite thing is Halloween, because when we get home I get to have five candies.—Tyler



## RIVERSIDE LANES

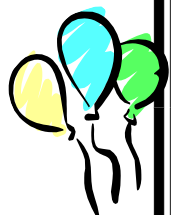
182 Union Street, New Hamburg \* Call Eric ...662-1938



GLOW IN THE DARK & REGULAR BOWLING AVAILABLE  
GROUPS & BIRTHDAY PARTIES OUR SPECIALTY



- All the latest music with our new computerized music system
- Soft ice cream & yogurt in our recently installed dairy bar
- Lanes completely re-surfaced for your bowling enjoyment







## 90 Degrees North

Hey Tim – what is the biggest industry in the North Pole? I asked.

"I don't know, reindeer breeding I suppose or maybe toy construction. Maybe 75 per cent of the residents wear red suits and are under the height of three feet," he responded chuckling.

As children we learned through television and books what the North Pole would look like. A red striped pole, Santa's workshops, a mailroom, Mr. and Mrs. Claus's house and, of course, a corral for all his reindeer. Lots of snow and all the beauty of winter.

Oddly enough, the North Pole is located in the Arctic Ocean with constantly shifting ice, unlike the South Pole, which is located on a landmass. The sea depth at the North Pole has been measured at 4,261 metres (13,980 ft). The nearest land is said to be Kaffeklubben Island, off the northern coast of Greenland about 440 miles (700 km) away, though some perhaps impermanent, gravel banks lie slightly further north. The North and South Pole have a latitude of 90 degrees whereas Baden's Latitude is 43.400 (For interest's sake, Baden's longitude is 80.667).

The first person to reach the North Pole was Robert Edwin Peary. He arrived on his third attempt in April 1908. A British Explorer, Wally Herbert, disputed the claim but in the end Peary was credited with reaching the site first. Peary died in 1920.

At the North Pole, the sun is permanently above the horizon during the summer months and permanently below the horizon during the winter months. Sunrise is just before the vernal equinox (around March 19). The Sun then takes three months to reach its highest point of about 23½° elevation at the summer solstice (around June 21), after



*Researched and Written by Ed*

which time it begins to sink, reaching sunset just after the Autumnal Equinox (around September 24).

The North Pole is significantly warmer than the South Pole because it lies at sea level in the middle of an ocean (which acts as a reservoir of heat), rather than at higher altitude on a continental land mass. Winter (January) temperatures at the North Pole can range from about -43 °C (-45 °F) to -26 °C (-15 °F), perhaps averaging around -34 °C (-30 °F). Summer temperatures (June, July and August) average around the freezing point (0 °C, 32 °F).

Today the North Pole has become an increasingly hot subject as to who owns the resource rich area as sea ice opens up, due to global warming, making travel more feasible. Russian explorers have planted their country's flag on the seabed 4,200m (14,000 ft) below the North Pole to further Moscow's claims to the Arctic. The rust-proof titanium metal flag was brought by explorers travelling in two mini-submarines, in what is believed to be the first expedition of its kind. Canada, which also claims territory in the Arctic, has criticized the mission.

If you are looking for a children's website about the North Pole that can be entertaining for the young ones, then visit [www.northpole.com](http://www.northpole.com). The North Pole is really the polar opposite of childhood fantasies.

*Please support the  
advertisers of this paper.*

***We couldn't do it without them!!***



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

*Merry Christmas*

*Double &  
triple-load  
washers!*

*New  
Hamburg*  
**CLEANERS**

Coin Laundry -  
7 days a week,  
7 am -10 pm

157 Peel Street, New Hamburg (519) 662-1221

Dry Cleaning - Laundry Services - Alterations

Formal Wear - Casual Wear - Outer Wear - Shirts - Linens - Bedding - Drapery - Suede and Leather

 **micrologics**

**Affordable computer  
repair right to your home.**



**519-342-3480**

Located in Petersburg, serving Wilmot Township and surrounding area.



# the Health & Wellness Page

## Nutritional Neurosis

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



Newly health conscious individuals are often associated with radical diets and ideas about food that seem very limiting and strange to others. So afraid to fall off of their plan, they stick to their foods and regimes so strictly that they actually seem sort of neurotic. Carrying around supplement bottles, substituting food items in restaurants, always asking for ingredient lists, constantly turning down "bad" foods, preaching to others about their particular diet, and then not enjoying what they're eating, are all signs of this affliction!!

If this sounds like you, don't worry - I've been there. When in a healing transition, doing things harmoniously and slowly is important. Becoming neurotic about food isn't healing at all. It's really becoming fearful of food, and not having faith. It's practising instability and obsessing, making you mentally and spiritually exhausted and possibly ill.

Finding the balance between a healthy transition and your current routine is often the most stable and the path of least resistance - yielding the most enduring results. Some tend to think that if something is good, more must be better, and if something is bad, none must be best. This is not necessarily true! Imbalance is the problem, and eating extreme diets, one way or another, will create more imbalances, which isn't balancing at all! To transition harmoniously, remember these few points:

-Go slow! Don't drop your whole routine for a new diet overnight; often the sudden change is debilitating and can do a lot of damage.

-Don't be extreme. Try introducing or eliminating foods gradually, and don't feel that completely avoiding a food is the answer. If you start to feel better without a food, slowly discontinue it. If you quit things cold turkey,

cravings for other foods may arise and create a separate destructive cycle.

-Don't use blind faith. Test things out and experiment. Does a food feel good for you? Don't eat or not eat something because someone told you or you read it in a book. Find out for yourself by increasing your eating awareness practices! Use your food intuition!

-Remember that you are different from everyone else! What works for you may ruin someone else, as everyone is on their own health journey.

Just remember that you are deeply connected to your food, on many levels. Disconnecting yourself from your foods for health reasons can have negative effects. Food should be enjoyable and nourishing on all levels, let it remain a manifestation of love by enjoying each meal, without guilt, fear or embarrassment. Just remain conscious of your choices and trust that what your body is asking for is the right thing. If you constantly let your emotions control you, you may never get out of your box of cookies, bag of chips, or whatever other food keeps you emotionally fed and unable to fully transition to a harmonious and healthy diet.

The body is like a cruise liner, make a small change at the wheel - and with time the ship will go in a whole new direction! Fight with the wheel to change your direction, and you'll flip the ship over and sink! Just take it easy and enjoy the ride... and your Christmas!

To read more, sign up for Michael Fisher's Healthy Carrot newsletter online at [www.michaelfisher.ca](http://www.michaelfisher.ca) or email him at [mike@michaelfisher.ca](mailto:mike@michaelfisher.ca) Create healthy change in your kitchen with [www.goodforyoucoaching.ca](http://www.goodforyoucoaching.ca)

## J.R. Auto Service

SERVICE & REPAIR TO ALL MAKES & MODELS  
HIGH PERFORMANCE MODIFICATIONS

**JIM ROTH**

1439 Gingerich Rd., Unit B-1,  
Baden, ON N3A 3J7

PH (519) 634-5986 FAX (519) 634-8667

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](mailto:msinterlock@rogers.com)



# ***JOSSLIN INSURANCE*** ***BROKERS LIMITED***



**Wellesley**  
1-1215 Queen's Bush Rd.  
*est. 2004*



**Elmira**  
11 Arthur St. S.  
*est. 2008*



**New Hamburg**  
118 Peel St.  
*est. 1880*



**Tavistock**  
14 Hope St. W.  
*est. 1984*



**Kitchener**  
1082 Weber St. E.  
*est. 1988*

Providing Protection for Baden, the Surrounding area, and the people who call it home for more than 128 years.

519•662•1644

Visit us online at

***www.josslin.com***

