

Baden Outlook

"Keeping the Community Connected" with 2775 copies in circulation.

Volume 11 | Issue 5

December 2010

"It's Beginning to Look A lot like Christmas..."

Inside This Issue:

- Shared Memories of Jim Miller
- Business Profile—Innovative Dance
- Gifts for your Favourite Gardener
- Baden Birding
- Santa Claus Parade Photos
- LIFE Sees Power in Community
- Wilmot Rec. Complex Phase Two
- Sticking to your Exercise Program
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- Meet Fire Fighter Greg St. Clair
- Water Weakness
- Gingerbread House Contest Pics



The Baden Santa Claus Parade brought folks to the streets - See parade photos on pages 14-15



"Castles of the World" Gingerbread Contest showed some local talent with 31 entries of beautifully decorated gingerbread houses. Jean Cook of New Hamburg felt tempted to nibble at a sweet treat! Look through the pages to find more of these amazing gingerbread creations!



Merry Christmas

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



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This paper is priceless—Please have one!

Talking With Ed

~ Random Thoughts ~



Building Boom Slowing? – It appears that construction in Baden is slowing down while it is ramping up in New Hamburg. A quick look at the building permits issued for Baden, courtesy of Wilmot Township, shows that there were 54 new home permits issued from January to October in 2009. The same time frame in 2010 had 47 new home permits issued.

Let's all do the Jango – Jango (www.jango.com) is an Internet radio website that our daughter Katie introduced us to. It offers unlimited free music and a person can create categories and store your favourite songs on a playlist. One of the most interesting aspects of the site is that it will find unknown artists similar to your favourites, which is a great way to experience new bands. One of Katie's favourite artists currently is *Broken Bells* with their song *Highroad*.

Another Great Parade – Congratulations to The Baden Chamber of Commerce and The Wilmot Optimist Club for hosting another great parade. There was a total of 40 floats. The winners are as follows: #1 Overall was the New Hamburg Vet Clinic. #2 Overall was PW Concrete. #3 Overall was Baden Automotive. #1 Commercial entry was Erb Transport. #1 Children's entry was Sparks & Brownies. #1 Family entry was the Horsin' Around Gang.

More Congrats – The Wilmot Heritage Fire Brigades should be commended for their fundraiser "Stardust and Memories" which was held on November 27th with approximately 150 people attending the show, raising just over \$1300 for the Brigades. There was a lot of hard work by many people, which keeps our community strong and vibrant. Many local businesses donated silent auction items as well as money or services to make the event possible. Well done!

Crowded Highways – As I drove the 7&8 highway into work the other day, I couldn't help but notice that every car that passed me had only one person in it (including myself). Everyone is going in different directions so buses and trains might not be convenient. Couldn't a single lane be dedicated for single passenger cars as an alternate means of transportation? Volkswagen is launching a single-seater vehicle in Shanghai for \$600 U.S. that gets 258 miles to the gallon and cruises at 100-120 km/hr. (Seen to left in picture). The only downside would be the winter driving, which we may struggle with in our Canadian winters, but eight months of the year would make a difference.



~ Just a thought!

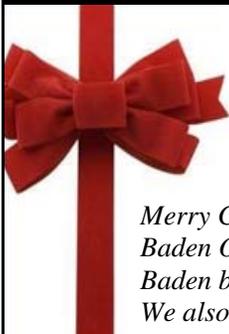
Is that George Jetson behind the wheel?



Baden's Getting Gassed Up - Yes, It's true! Baden is getting a gas station in the Baden Village Square. It will be operated by a Mac's Convenience Store, which will occupy the end two units of the strip mall. The gas bar will consist of two pumps, 4 hoses, with 40,000 L. of premium gas and 25,000 L. of diesel in one tank (seen in picture), and 75,000 L. of regular gas in the other.

... Well, that's a wrap. Until next year—Ed.

Merry Christmas from Pat & Barry - Our Gift To You!



Last year we mulled over the many amazing archive photos of Baden that have been given to us over the years and we wondered how to share them. We spontaneously created a calendar exclusively sponsored by Baden businesses featuring these old pictures. It was a hit and we were encouraged to do it again.

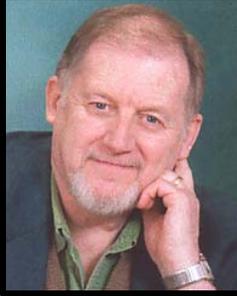
Merry Christmas to the Baden residents who will receive their 2011 Baden Outlook Calendar in their mailbox ~ (courtesy once again of the Baden businesses who make this gift possible—be sure to thank them!) We also have them for sale at Stop2Shop and Egli's Meat Market for \$5.

ATTENTION READERS:

**IF YOU DO NOT
RECEIVE YOUR PAPER...**



We continue to get calls asking to have the paper delivered to your door. The paper is put into all Baden residential mailboxes, **UNLESS YOU HAVE A JUNK MAIL BLOCK.** Please call your postal station to have it removed or simply pick it up at the many drop off locations.



Mayor Les Armstrong and family would like to wish all the families in Wilmot a safe and happy holiday season and a prosperous 2011

Meet and Greet the New Council/Free Public Skate



The new Wilmot Council members were inaugurated on December 6th with a welcoming reception to follow. They would like you to join them on Sunday, January 9th at the Wilmot Recreation Centre for a Meet and Greet ~ Free Public Skate, from 2:30 - 4:15 at the Optimist Ice Pad. Refreshments will be available in the lobby for the public.



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New Clients Welcome!



It was great to see the turn out for the Outlook's complimentary game December 3rd and we were delighted to see the Firebirds win!



The New Hamburg Firebirds played back to back games at home that weekend, winning both. The games that were looked upon as a serious test for the Birds and they passed with very good results.

NEW HAMBURG vs SIMCOE

On Friday night the Simcoe Storm came into the Firebirds Nest looking to repeat what they did two weeks prior.

On November 19th the Storm surged into the Wilmot Recreation Complex storming the Firebirds at will causing confusion among the flock and spectators. The repeat performance did not take place, but rather a different script was played out. The Firebirds dive-bombed the Storm net causing the visitors to become frustrated and uncoordinated. New Hamburg played with determination and focus while the Storm succumbed to the Firebirds tenacity. Final score – New Hamburg 8, Simcoe 1

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Like the man himself, my memories of the late Jim Miller are complex. At times gruff and terse of manner, Jim could be brought to tears recalling the death of his beloved sister Marion in a tragic car accident. A hard-headed businessman to the quick, who drove a fierce bargain, he also gave generously of his time and expertise for causes near and dear to his heart. James Livingston's Castle Kilbride was one such passion.

In February 1993, then Wilmot Mayor Lynn Myers had put a Herculean task before his old school friend, Jim Miller. While architects, conservators, contractors and construction crews swarmed like worker bees over Kilbride, restoring it to its days of former grandeur, Jim was charged with the task of "bringing the Castle home."

The fabulous contents of Baden's Italianate Villa mansion had been sold at an auction sale in 1988, and were scattered to the four winds. In Mayor Myers' mind, there was only one man to bring the treasures home. That man was Jim Miller. "And I had eighteen months to get it done," Jim acknowledges.

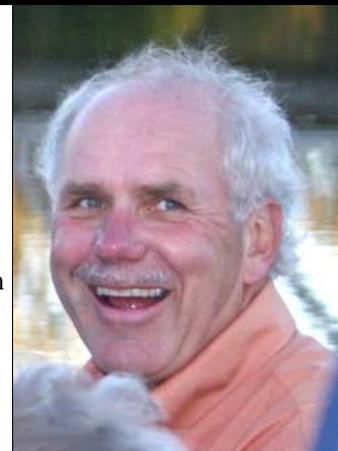
In a 2000 interview with me for my book *Roads of the Heart—Fifty People who Followed their Passion*, Jim recalls his emotions when he heard the request. "Lynn's job for me was an honour, but it was also a heavy burden. If I took it on, it would consume my life for at least the next year. Could I afford abandoning my own livelihood?"

The answer to Jim's self-question was "yes." "It was the chance of a lifetime," he says. But Jim had an even bigger challenge than locating the Kilbride memorabilia. "The budget Lynn gave me was extremely limited. So my job was to convince as many buyers as I could, to donate their purchases back to the Castle." With auction sale prices in the thousands for such treasures as the Livingston's famed Krug Library suite and several Homer Watson paintings, Jim had his work cut out for him.

Consulting the meticulous records kept from the Kilbride auction, Jim got to work, knocking on doors from San Francisco to Halifax. "Some people thought I was crazy, but I suggested how good they'd feel helping out." Eventually many buyers agreed. When Jim Miller's eighteen-month assignment concluded, more than one-third of his acquisitions were donated back to the Castle Kilbride Museum. Kilbride Curator Tracy Loch continues to see the results of Jim Miller's footwork today. More than fifteen years later, the donations continue.

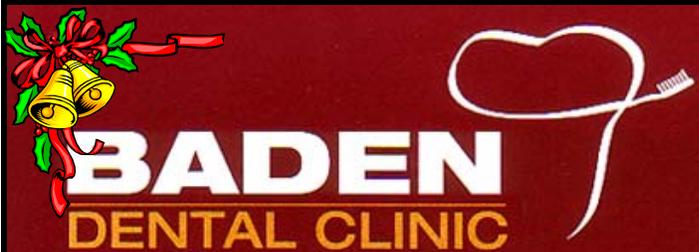
In later years, Jim turned much of his attention to his passion for vintage cars. He was a frequent buyer at car sales south of the border. Jim counted a 1957 harbour-blue Chevrolet Bel-Air convertible, (one he called "the #1 collectible automobile in North America") and a rare 1932 Packard Dual Cowl Phaeton, one of only six manufactured, as his prize acquisitions.

To know Jim Miller was to know excellence, intelligence, passion and pride. He walked for too short a time on this earth.



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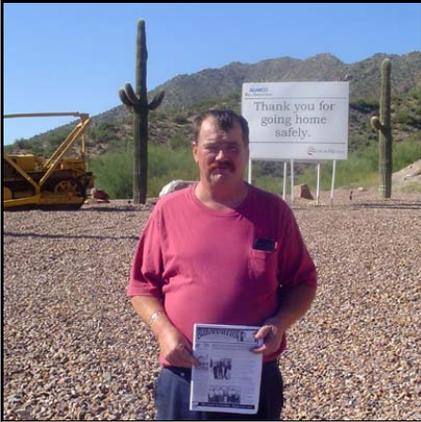
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We welcome new patients

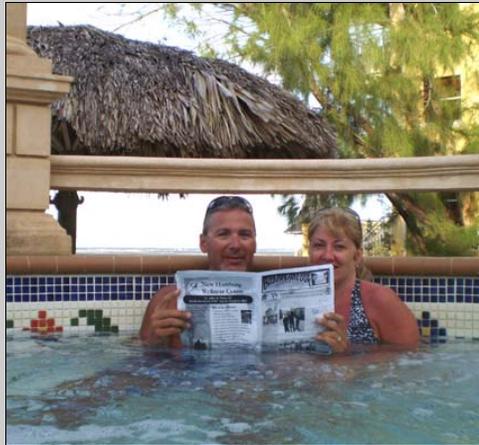




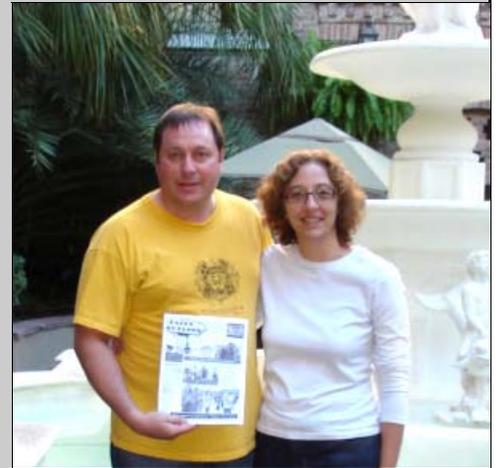
Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



George Hardy.... Making a recent delivery with the Outlook at a Copper Mine in Kearny, South East of Phoenix Arizona. *Always take a little piece of home with you.*



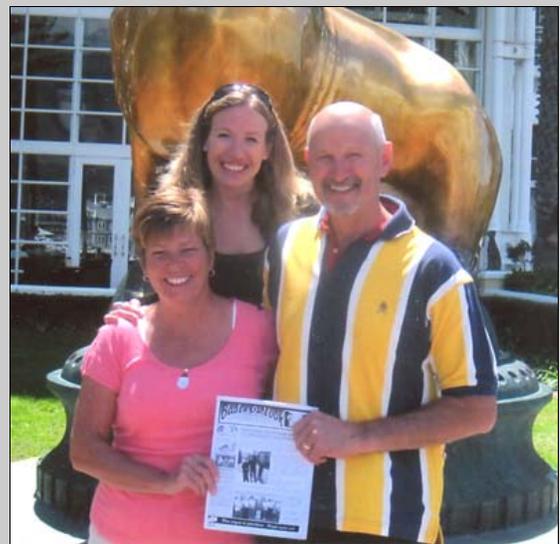
Sheila and Quentin Martin reading the Outlook in a hot tub at the Sandals Royal Caribbean Resort in Montego Bay, while celebrating their 25th wedding anniversary.



Troy & MaryLynn Hoerle took their Baden Outlook along to the Peak Realty Ltd Convention in New Orleans. They are enjoying the beautiful courtyard of the Maison Dupuy Hotel in the French Quarter district.



Karen and Rick Demerling took The Baden Outlook with them on their cruise in August, celebrating their 33rd Wedding Anniversary, and stopped over at Glacier Bay Alaska.



Don Myers and wife Cindy went to South Africa to read their Outlook with Don's daughter Jocelyn, who is the Executive Chef at Table Bay Hotel in Cape Town.

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You Must Be Joking!!



New Wine for Seniors

It's about time they come up with a special New Wine for Seniors!

Canadian vintners in the Niagara Valley area, which primarily produce Pinot Blanc, Pinot Noir and Pinot Grigio wines, have developed a new hybrid grape that acts as an anti-diuretic. It is expected to reduce the number of trips older people will have to make to the bathroom during the night.



The new wine will be marketed as PINO MORE

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*Merry Christmas to you and yours
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Sincerely, Lynn Moore

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our sponsors and supporters, our
volunteers and our audience
for a great show!

For info call Kenton Frey 519 - 634 - 8580

The Stardust and Memories concert was very successful. We had approximately 150 people attend the show, we raised just over \$1300 for the Brigades. This money will be use to purchase a permanent museum to house our growing (and deteriorating) collection of truck, equipment and documents.

*The performers were 'The Toronto All Star Big Band' made up of high school kids from the Toronto area.
Many local businesses donated silent auction items as well as money or services to make the event possible.*



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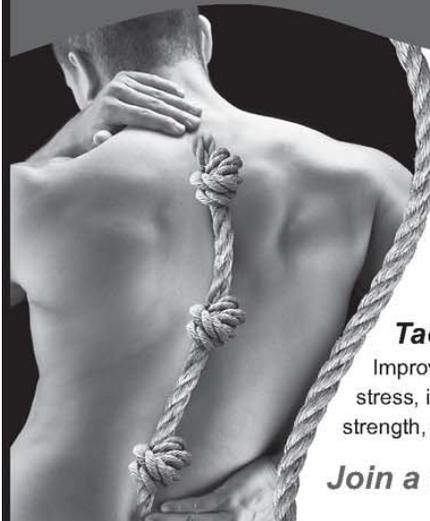
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One of the many creative entries in the Gingerbread House Contest

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CLASSES IN NEW HAMBURG

Open House:

Monday, January 3, 1:00 pm to 2:00 pm
New Hamburg Community Centre
251 Jacob St., New Hamburg

Open House:

Wednesday, January 5, 7:00 pm to 8:00 pm
St. George's Anglican Church
3 Byron St., New Hamburg

Beginner classes starting:

Mondays 7-9 pm starting January 10
Thursdays 10-12 am starting January 12
St. Georges Anglican Church

For more information contact:
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Visit taoist.org/stratford or email stratford@taoist.org
for **open house** and **class schedules**

The Taoist Tai Chi Society of Canada is a registered charity -
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LookOut Kids' Korner



Christmas Trivia

1. How many la's in a line of "Deck the Halls"?
2. How many swans a'swimming?
3. What gifts did the three kings offer to Jesus?
4. From what country does the poinsettia plant come?
5. What are some other names for Santa Claus?
6. Who is the author of The Grinch Who Stole Christmas?
7. In the Grinch Who Stole Christmas, what was two sizes too small?
8. Where can you find the real Christmas story?
9. How do you say Merry Christmas in Spanish?
10. What was so good about Rudolph's red nose?

Answers are upside down below—don't cheat!

Poor Santa got stuck in our chimney. I know it sounds weird but it's true. His feet made it down, but his belly was one size too large for the flue.



- Answers from Trivia Quiz:
1. There are eight plus one fa: fa, la, la, la, la, la, la, la, la, la, la
 2. Seven
 3. Frankincense, myrrh and gold
 4. Mexico
 5. Saint Nicholas, Kris Kringle, Father Christmas, Pere Noel
 6. Dr. Seuss
 7. His heart
 8. The Bible, Books Matthew and Luke
 9. Feliz Navidad
 10. It lit the sleigh through the fog.

Snow, Sliding and Schoolhouse Villas

As the snow covers the hill on Schoolhouse Villas (formerly known as Vesper Village), many people bring their sleighs, toboggans, snowboards, etc. and slide down our hill—probably not even realizing they are on private property.

While it is good to see healthy activity in the great outdoors, we have a concern that our right to privacy is being violated. That is the reason for the restriction to a smaller area of the hill. Also, we have placed barriers at the bottom so sliding can be done in safety, avoiding any crashes with the posts around the sign. In addition, for safety reasons, we insist that no "jumps" be built on the hill, and that there be no sliding after dark.

In turn for allowing this winter fun, we ask that you respect our property - PLEASE, NO LITTERING and respect our privacy. And remember — USE AT YOUR OWN RISK.



The Owners, Schoolhouse Villas



Seasons Greetings from...

Interiors With Charm

New to Baden - Let 2011 be the year I bring some charm to your home. Please call for a visit or estimate.

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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. No Frills & Sobey's, Short Stop, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.



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

Fable of the Porcupine

It was the coldest winter ever. Many animals died because of the cold. The porcupines, realizing the situation, decided to group together. This way they covered and protected themselves; but the quills of each one wounded their closest companions even though they gave off heat to each other.



After a while, they decided to distance themselves from one another and they began to die, alone and frozen. So they had to make a choice: either accept the quills of their companions or disappear from the Earth. Wisely, they decided to go back to being together. This way they learned to live with the little wounds that were caused by the close relationship with their companion, but the most important part of it was the heat that came from the others. This way they were able to survive.

The Moral of the story:

The best relationship is not the one that brings together perfect people, but the best is when each individual learns to live with the imperfections of others and can admire the other person's good qualities.

Submitted by Amiee Gutzeit

Wilmot Family Resource Centre Child & Youth programming for the Winter of 2011

After School Programming:

“KIDS CAFÉ” for children from grades 1 to 5.

Get ready, get messy, and make some fun healthy snacks !!

If your child enjoys preparing and learning about food than this is the club for you! We will try some foods that may be new and different, do fun activities that reinforce or expand on the lessons learned while preparing the snack. The activities will be designed to be fun and give kids a chance to use their creativity and thinking skills.

When: Wednesdays from 3:30 to 5 pm beginning January 5th

Where: Here @ WFRC 175 Waterloo St. New Hamburg

Who: Children from grades 1 to 5.

Cost: The program runs for 10 weeks & is \$40.00 for agency members / \$50.00 for non-members

Pre-registration and payment are required to hold your child's spot.

“Teen Fun Zone”:

Thursday afternoon/evening from 4:30 to 8:30 at the Old New Hamburg arena, 251 Jacob St. New Hamburg. All youth from grades 5 to 12 are welcome to drop-in to skateboard, play video games, air hockey, fooseball and more.

We do require youth to have registration/emergency information forms filled out, as well as a helmet to skateboard.

The cost to attend is \$2.00 per day.

TFZ breaks over the holidays, the last day for 2010 will be Thursday December 9 and will be re-opened Thursday January 13, 2011.

For more information or to have registration forms emailed to you please contact

Tina @ cr4wfrc@bellnet.ca / 519-662-2731 x.210



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Petersburg, Ontario

Happy Holidays from the Baden Branch of the Region of Waterloo Library!

C – is for Come Read With Me!

An evening family storytime recommended for parents/ caregivers and children 3 to 7 years old. Read, play games, and learn about literacy in fun ways. Drop in! It's free! *Thurs., Jan. 6 – Feb. 24, 2011 from 6:45 – 7:30 p.m.*

H - is for Holiday Hours:

Dec. 24 – 27: Closed
Dec. 28: 2:30 – 5:30 p.m.
6:30 – 8:30 p.m.

Dec. 29: 10 a.m. – 12 p.m.
2:30 – 5:30 p.m.
6:30 – 8:30 p.m.

Dec. 30: 2:30 - 5:30 p.m.
6:30 – 8:30 p.m.

Dec. 31: Closed / Jan. 1: Closed



R – is for reading, of course!

We have something for everyone at the library. Visit us soon!

I – is for “I wonder how much candy is in that jar?”

Give your best guess and you could win a great prize!

S – is for Storytime for Children ages 3 – 5 years.

Tuesday afternoons, 1:45 – 2:30 p.m. starting Jan. 4
Wednesday mornings, 9:15 – 10 a.m. starting Jan. 5
Pre-registration is required.

T – is for Toddler Tales.

A storytime program for parents and two year olds!
Wednesday mornings, 10:15 – 10:45 a.m. starting Jan. 5
Pre-registration is required.

M – is for Magazine Sale!

Previously enjoyed magazines for only 25 cents each.

A – is for Audiobooks!

Check out a “Playaway” – preloaded audiobooks for all ages. Easy to use, no CDs or downloads!

S – is for storytime, just for Babies 0 -12 months!

Just For You, Baby Storytime
Wednesday mornings, 11 – 11:30 a.m. starting Jan. 5
Pre-registration is required.

For more information, contact the library at 519-634-8933 or by email at badenlib@regionofwaterloo.ca. Up-to-date information is also available on our website at <http://www.rwl.library.on.ca>.

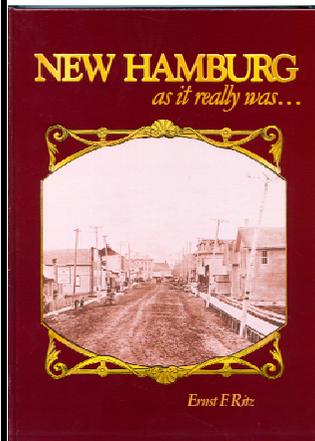
Chris Baechler, Assistant Supervisor,
Baden Branch
Region of Waterloo Library
<http://www.rwl.library.on.ca>



Season's Greetings



History of New Hamburg



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Christmas Hours

We will be closed
Fri. Dec 24 & Sat. Dec 25
and closed
Fri. Dec 31 & Sat. Jan 1
(Regular hours all other days.)



Wishing you and your family a very Merry Christmas!

In-Store Christmas Clearance
Starting Sat. Dec 18!



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

Business Profile – Innovative Dance



Carolyn McNally, originally from St. Agatha, started dancing at five years old and became a professional dancer by age 16. Through her professional career she appeared in many shows including three contracts with Royal Caribbean Cruise Lines, where she was a Dance Captain. She has gained a wealth of experience over the years and felt motivated to share her knowledge and techniques.

Her father and sister own a business called “Innovative Techniques and Consulting” so she felt it was fitting to carry on the “Innovative” name. She took over the end unit of the Baden Square property in August and opened the new business this past September. She is very appreciative of the warm welcome and support that Baden has given her business to date. She feels it is important to give youngsters a safe place in the community where people can feel comfortable expressing themselves through dance.

Carolyn has employed six teachers, which allows her to present a wide range of dance styles such as Jazz, Hip Hop and others. This gives the best possible product mix for her clients. She also offers fitness classes such as Zumba, TRX and Mom and Baby classes. These classes are geared mainly for adults, who make up almost half of her students. She has found her “Double Up Discount Promotion” (join two classes and receive a discount) to be very popular.



Innovative Dance’s competitive dance team will be participating in events in London, Toronto, and Niagara Falls next year. This will be the first competitive action for the roughly 40 person dance team. They will be hosting a Zumbathon fundraiser on Sunday, February 6th to help cover the costs for the trips.

Carolyn has gift certificates and dance wear for sale, which would make a great Christmas gift for that special someone. Her hours of operation are Monday to Friday 4:30 to 9 p.m. and Saturday 9 to 11 a.m. There are day classes available - go to their website www.innovativedance.ca or by phoning 519-214-FEET (3338) to check them out. January sessions start January 3, 2011. Please feel free to drop by and say hello to Carolyn and her staff!



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'Tis the season for celebrations, feasts of plenty and of course, gift giving. Sometimes that last one turns the stress up as you attempt to figure out the perfect gift for so-and-so. Take heart and get your shopping shoes on. If your loved one is a gardener there is a plethora of gifts both small and large that will have them glowing with joy on Christmas Day.

Stocking Stuffers ~ Why not stuff a stocking with seed packs, giving your gardening guy or gal a good supply to start the season? Or how about a set of gardening gloves, always appreciated for protection and a good grip? The latest issue of a favourite gardening magazine can brighten those bleak January days and have your loved one dreaming of spring.



Under the Tree ~ Put together a Christmas gift basket for the gardener in your life. Include a few exotic bulbs (wrapped properly and handled with care so that they will last until spring), some good quality gardening tools and the newest best seller in horticultural literature (also known as books on bulbs, blooms and bugs).

For fun further afield, a vacation that centers on gardening is a unique gift. Look into a tour of the Canadian Tulip Festival. Running from May 8 to May 23, 2011, this festival is well worth the trip even for non-

gardeners. The amazing colours and beauty experienced on a mini-vacation to the Ottawa region during this festival will make a truly memorable gift.

Larger tools (or toys, depending on your perspective) are also appreciated at Christmastime. Could your loved ones use a hedge trimmer or a rototiller? How about a fancy new irrigation system or a pair of beautiful planters? The sky (or the budget) is the limit, but always be sure you're investing in something they will use.

Organic gardening is all the rage and you can encourage a newbie organic gardener with some specially selected gifts. Countertop composters will help get them moving in this essential gardening practice. You can even invest in a vermicomposting kit – just make sure you keep the red wigglers alive until you turn over the gift on Christmas.

An annual membership to the Wilmot Horticultural Society is another great idea and can be gathered together in a larger gift or presented on its own. The membership not only hooks the recipient up with some stellar local gardening pals, he or she can also enjoy the monthly meetings and take advantage of generous discounts at nearby garden centres (like Meadow Acres and Colour Paradise). Contact the Wilmot Horticultural Society for more info on a membership today.

Great Gifts for Teachers and Coworkers with a Green Thumb ~ Leave that tried and true coffee mug on the shelf. If you know that your child's teacher or your boss is an avid gardener, opt for something a little more creative and to their tastes. Try a subscription to that gardening magazine – a gift that keeps on giving all year long and can be passed around the office for even more fun. Or some high quality pruners. Or a compost tea brewer.

Poinsettias are an excellent choice for anyone on your list. New neighbour just settling in? Poinsettia. Principal, secretary or bus driver at the school? Poinsettia. Coworker with strange and unusual tastes? A few poinsettias will brighten up their house over the holidays.

Choose a poinsettia that looks good from all sides and is planted in evenly moist soil. Take off the sleeve at the store to decipher the true condition. A good sized poinsettia is about 2 ½ times in height the diameter of the pot. A dense, full collection of bracts (the pretty coloured foliage sometimes called the flower) is best.

Great for gardeners or just as a traditional gift for the season, poinsettias can last all the way through the holidays given the proper care. Get the plant started well and then let it go.

Now there's no excuse for not wowing your garden-loving friend or family member this year. Don't forget that gift cards from the garden centres are also a favourite and will help to fill their garden and patio pots come springtime. Ahhhh, lovely spring – still both a fresh memory and a distant dream. But until then, enjoy your family and have a very Merry Christmas.

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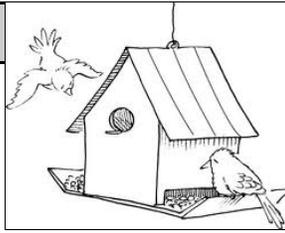


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BADEN BIRDING

By Dave Rogalsky



You might want to check your backyard right now, before you finish reading this paragraph. Unbeknownst to many an irruption is occurring all over Southern Ontario. *Irruption* you say? Before you head for the valley windward to get away from pyroclastic flows of lava, or before you fault the writer on misspelling *eruption*, look at your bird feeder. See anything unusual? Every winter Ron Pittaway (<http://ebird.org/content/ebird/news/ron-pittaways-winter-finch-forecast-2010-2011>) puts out a forecast of which birds are going to *irrupt* out of the north and show up far south of their usual ranges. This isn't really a migration like the warblers, thrushes and waterfowl. Instead, these birds are moving because they are hungry and their food of choice isn't available in their usual wintering grounds. Moving south, looking for food they find it in our backyard birdfeeders. Through natural selection birds fit into niches. They have evolved to eat certain foods, need certain kinds of terrain and vegetation, and survive in some climates and not others. When their particular food is gone, they can't move over and eat something different easily. Two years ago there was an irruption of white-winged crossbills in our area. You could see them feeding under coniferous trees all over Southern Ontario. Turns out that it was a poor year for cones in the north and so they moved south. That was the same year that pine siskins were in the area in flocks too.

This year Pittaway is forecasting irruptions of purple finches, common and hoary redpolls, and blue jays. The blue

jays summer in Southern Ontario but I've already been seeing flocks of them as they move in looking for food. The other reason for increased numbers of blue jays is that they are still bouncing back from West Nile virus, as are the crows (if you hadn't noticed!). Purple finches are very

similar to our common house finches and sometimes difficult to tell apart, but the purple finch males have more red on the back and face than the house finch. House finches have been moving east from the west coast for a couple of decades and tend to supplant the purple finches when they come. Redpolls are also finches looking for seeds to munch in winter. The hoary will be seen less commonly than the *common* (go figure), but watch at feeders for these mostly white and red finches.

Though not on Pittaway's list, boreal chickadees are being sighted all over this year as well. If the chickadees at your feeder have a browner head and ruddier sides than usual you might just have a different species hanging out.

Of course other birds move south as well – has anyone seen a snowy owl sitting or flying on a winter's day? And while some rosy breasted nuthatches are here all year there are more already this winter. And if the season is mild some birds that might otherwise leave will stay – the "Christmas robin" or the "January blue heron" aren't that uncommon with our warmer winters.

So though fall migrations have passed through, watch for something different irrupting in your back yard!

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By Joanna Fuchs

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Why? Why? Why?



- * Why do supermarkets make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?
- * Why do people order double cheeseburgers, large fries, and a diet coke?
- * Why do banks leave vault doors open and then chain the pens to the counters?
- * Why do we buy hamburgers in packages of ten and buns in packages of eight?
- * Why does the sun lighten our hair, but darken our skin?
- * Why don't you ever see the headline 'Psychic Wins Lottery'?
- * Why is 'abbreviated' such a long word?
- * Why is it that doctors call what they do 'practice'?
- * Why is lemon juice made with artificial flavouring, and dishwashing liquid made with real lemons?
- * Why is the man who invests all your money called a broker?
- * Why is the time of day with the slowest traffic called rush hour?
- * Why isn't there mouse-flavoured cat food?
- * Why didn't Noah swat those two mosquitoes?
- * Why do they sterilize the needle for lethal injections?
- * You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?!
- * Why don't sheep shrink when it rains?
- * If flying is so safe, why do they call the airport the terminal?

Email submitted by B & J Price

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January 22nd at the St. Agatha Community Centre

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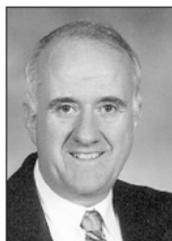
Duanne from Baden asks:
*Is it true there was once a
bank robbery in Baden?*

Armand says: *Well yes, there was indeed.
It happened at the Canadian Bank of
Commerce on Foundry Street in early
January 1940, where \$900 was stolen..
There was a foiled attempt again on
January 22, but no money was taken.
Some how the robber managed to
elude the police, the posse and made a
clean escape.*

We had some feed-back from last month when
Katie asked about gas stations in town. We have
since learned about another one. (Thanks John)

~ In the early sixties you could also buy gas at
Gingerich's farm equipment dealership at the
corner of Snyder's Road & Sandhill Rd.

*Feel free to forward your questions...
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LIFE Co-op Sees Power in Community

By Shane Mulligan

Renewable energy technologies have made “community power” a bit of a buzzword in Ontario, but the idea is hardly new. In the early years of electricity, rural residents often had to pool together their money, skills and time, to provide power to their communities. With the advent of “big power,” this model has gone by the wayside, but Ontario’s Green Energy Act has put community power on the agenda again – and a local group is leading the way.

The Local Initiative for Future Energy (LIFE) Co-op is looking to develop a single 2MW turbine near St. Agatha, which will be one of Ontario’s first community-owned wind projects. “Most wind farms in Ontario have been developed by big companies like Suncor, Enbridge and TransAlta,” says Linda Laepple, co-op director. “Yet many wind projects in Germany, often just one or two turbines, were started by local people, not large companies. LIFE wants to show that this can work here – that communities can develop their own resources and keep the rewards, instead of sending them out of the community.”

LIFE is keen to gain more local members, who can be owners and decision makers through the co-operative business model. “We think that when people realize all the benefits they will be glad to come on board,” says Louis Silcox, LIFE’s President.

While looking locally for new members and early investors, LIFE is also getting help from other sources. LIFE received a \$7500 grant from The Co-operators Life Insurance Company, which funded the preparation of a major grant application to the Community Energy Partnerships Program

(CEPP) – which provides up to \$200,000 to finance pre-construction activities – along with an open house in St Agatha on December 8th.

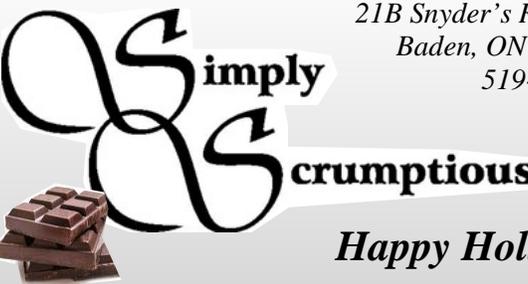
LIFE retained Shane Mulligan, from the Civics Research Co-op in Kitchener, to help draw up a work plan and “soft costs” budget, and to help steer the project. LIFE plans to apply for a Feed-in-Tariff (FIT) contract in Spring 2011, and may begin construction by the summer of 2012. If all goes well, the wind turbine could be producing power before the end of 2012.

Meanwhile, LIFE is still looking at biogas opportunities, and is keen to hear from farmers interested in more affordable, small-scale biogas installations that could help to reduce costs, manage wastes more effectively, and generate money through the FIT program.

“Large biogas installations are expensive, and often require major inputs of off-farm wastes. What we’re looking at are smaller installations that focus on the on-farm wastes and energy needs,” says Mulligan. “There are technological issues to be resolved, but the key to the economics seems to be in finding creative ways to make use of the waste heat from electrical generation.”

LIFE has also been busy with public events, including the 3rd Annual EcoFest at the Waterloo Regional Museum in June; the On Co-op Gala in Burlington in October; and the 2nd Annual Community Power Conference in Toronto in November. LIFE held its Annual General Meeting on October 30, at Angie’s Kitchen in St. Agatha. Frank Froklage was elected to the Board of Directors, joining a team of dedicated people who have been working on the co-op’s projects for years.

Anyone interested in more information, volunteering, or becoming a member of LIFE, should check out their website, www.lifecoop.ca, or email life.info@yahoo.ca.



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Tis the Season for the Gingerbread Contest

There were 31 amazing entries in this year's Gingerbread House Competition in New Hamburg. Judging took place in the New Apostolic Church on December 2nd with the theme "Castles of the World".

The following are this year's winners of the various categories.

- Adult - Sandy Preikchas
- Children - John Hinch
- Family - Scheib family
- VIP - Harold Albrecht
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The Wilmot Rec Complex is a fantastic facility: its two ice pads certainly meet the needs of Wilmot's hockey, figure skating, and leisure skating citizens. Phase One of the Rec Complex also offers several multi-purpose rooms, used for everything from weddings and meetings to shuffleboard.



Now Phase Two (which broke ground in June of 2010) is due to open in the summer of 2011. Construction is well under way, and the addition to the existing recreation complex progresses every week.

But what will the new aquatic centre offer Wilmot's citizens? Judging from its long list of innovative features, a lot!

The main floor of the aquatic centre will feature an eight-lane competitive-size (25 metre) pool, approximately 1/3 larger than the existing pool at Forest Glen Public School. There's also a warmer-temperature "leisure pool," separate from the main pool, which will include a few fun sprays and therapeutic jets.

There will be a large family change room, as well as men's and women's change rooms, and of course an area for aquatic staff, lifeguards, and an office for the Aquatic Aces swim team. There's an enclosed, deck-level spectator area; because it is separated from the pool's deck, parents will be able to enjoy a coffee or snack while watching their children's swimming lessons.

The north end of the main floor will house the 2,500 square foot Active Living Centre, a large area for seniors' groups who wish to do crafts, have meetings, or almost any other group activity. There is a kitchenette next to this centre, as well as two additional multi-purpose rooms nearby.

The second level of the aquatic centre will be as impressive as the first. Here you will find a four-lane walking track with a special cushioned floor, much like what is used in the Olympics to absorb shock. The inner lane of this track is wider, and is designed for people needing assisted mobility such as canes or wheelchairs.

The second floor also offers a youth centre, as well as a dryland training centre, a room with a sprung floor (that absorbs shock) for things such as karate lessons and aerobics. Another meeting room is available, and there's a tiered gallery that will allow 250 spectators to watch activities in the main pool below.

This addition to the recreation complex will be, of course, surrounded by the soccer fields -- which is why there will be a soccer office and storage accessible from the outside, as well as outside-access washrooms.

Phase Two will be an incredibly versatile addition to our rec complex. Scott Nancekivell, Director of Facilities and Recreation, says that he "anticipates demand for a wider range of activities, and it allows us the opportunity to expand the pool programming as well."

Certainly as Wilmot Township continues to grow, our expanding Recreation Centre will continue to offer much fun, fitness, and fellowship -- to people of all ages and interests.

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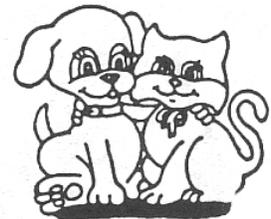
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STARTING AN EXERCISE PROGRAM AND STICKING TO IT

By Dr. John A. Papa, D.C



The Christmas season is upon us and this means that New Year's resolutions are not far behind. Starting an exercise program will likely be on many people's resolution lists. Below are some helpful tips to help you stick with an exercise program.

Make Exercise Safe: An exercise that may be considered safe for one individual may not be safe for another due to age, physical limitations, and other health concerns. If you are not sure where to start, consult with an experienced and knowledgeable individual such as a personal trainer or health care provider who can assist in choosing activities that are appropriate for you. If you have been inactive for a period of time, gradually ease into activity and take it slow.

Make Exercise Feel Good: Not only does exercise make you physically stronger it also has the benefits of releasing excess tension, building self-esteem, and stimulating the body's natural "feel good" chemicals called endorphins. Although there may be some initial physical discomfort when beginning a new exercise program, this may be your body's normal response when starting a new activity and should not last more than one to two weeks. If discomfort or pain persists beyond this point, consult with an experienced individual to make sure the exercise you are performing is appropriate and being done correctly.

Make Exercise Convenient: Although incorporating regular exercise into a busy life necessitates some planning and sacrifice, the health benefits can be significant. Regular exercise must be prioritized. This may require scheduling exercise into everyday routines and/or making regular exercise as convenient as possible, thereby increasing the likelihood that it remains a priority. Exercise does not need to be time consuming. Regular bouts of exercise for as little as 30 minutes a day can have a positive impact on health.

Make Exercise Fun: Individuals should choose a range of exercise activities that they enjoy. Performing these activities with a workout buddy, friend, or family member also results in the exercise being more pleasurable. Those individuals who choose fitness and recreational activities they enjoy are more likely to be consistent with those activities. Having another individual to share this with will also increase the likelihood that you will stay with the exercise activity.

Individuals beginning an exercise program need to have realistic expectations about the amount of time they can invest, the activities they will enjoy engaging in, and the physical and psychological benefits they expect to experience. Exercise leads to tremendous health benefits that can be initiated by individuals of any age or shape. Hopefully we have inspired you to invest in the health of your future. *From all of us at the New Hamburg Wellness Centre, good luck and Seasons Greetings!*

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.



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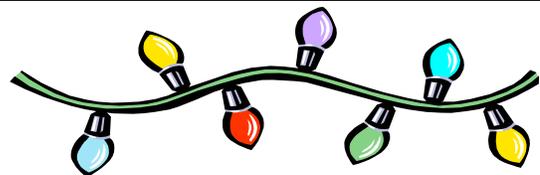


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Baden Outlook Hockey Pool Stats

Adults Pool Stats			Kids Pool Stats		
Place	Name	PTS	Place	Name	PTS
1	Steve Campbell	320	1	Willow Voisin	314
2	Karen Sisko	303	2	Owen Krupf	308
3	Sharon Forde	301	3	Daniel Jutzi	302
4	Rob Waechter	300	4	Daniel Kreller	297
T5	Alice Becker	299	5	Zachary Luloff	295
T5	Beth Gilbey	299	6	Austin Dale	294
T5	Michael Quinn	299	7	Brayden VanDeWynckel	293
T5	W.A.N.T.S	299	8	Joel Heise	290
T9	Christina Flood	298	T9	Adam Hoerle	289
T9	Phylis Sisco	298	T9	Nathan Gibbons	289
T9	Shane Snyder	298	T9	Paige Naumann	289
12	Jane Fewkes	297	12	Ryland Carney	288
T13	Lisa Egli	296	13	Carter Schwartzentruber	287
T13	Wendy Held	296	T14	Jacob Burns	285
T15	Aaron Head	295	T14	Mitchell Wilhelm	285
T15	Brad Habel	295	T16	Aiden Krupf	284
T15	Kelly Schultz	295	T16	Caleb Hunter	284
T15	Susanne Feick	295	T16	Meghan Mueller	284
T19	Andy Veenstra	294	T19	Owen Crouse	283
T19	Dianne Herold	294	T19	Tyler Kleine	283
T19	Susan Chipman	294	T21	Evan Bizony	282
22	Bobbie Ruthig	292	T21	Hannah Litwiller	282
T23	Carolyn Quehl	291	T21	Nathan Metcalfe	282
T23	Ed Tschirhart	291	24	Jakob Windl	281
T23	Justin Kendrick	291	T25	Connor Crouse	280
T23	Tyler Randerson	291	T25	Logan David Kleine	280
T23	Wayne Holden	291	T27	Dominik Struth	278
T28	Granny F	290	T27	Jaimie-Marie Usher	278
T28	Kristina Ziegler	290	T27	Trent Agnello	278
T28	Laura Martin	290	T30	Aiden Heinbuch	276

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



Congratulations to **Willow Voisin** for taking the lead in the Kids Hockey Pool winning a party pack from **Riverside Lanes**.

The lucky random draw winners are **Lea Bender**, winning a gift certificate from **Egli's Meat Market**, and **Kristen Struth** winning a **Baden Outlook** shirt.



Matt & Jackie Rolleman
39 Snyder's Road W, Baden
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Merry Christmas from Matt, Jackie and the gang from EJ's

Holiday Hours:
December 24, - 26 - Closed
December 27 - 30 - Open
December 31 - January 5 - Closed
January 6 - Open



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Merry Christmas from Hans, Bruno and families.

Christmas Hours:
Dec. 20-closed
Dec. 21, 22 - 8-5, Dec. 23 8-5:30
Dec. 24 - 8-noon
Dec. 28,29 - 8-5, Dec 30 -8-5:30
Dec. 31 8-noon
Closed Jan 1st-10th



WOW! Sports fans...Thanks for playing hockey with us! There are 475 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 - Click on sports pool—choose "hockey" the pool I.D. is outlookhockey (or outlookkids) and the password is quest. The top 50 entries will be listed - to view all teams click on page number on bottom of page. Have Fun and Good Luck!



Meet New Fire Fighter ~ Greg St. Clair

Greg St. Clair is certainly an enthusiastic fan of firefighting: he recalls that he's "always wanted to be a firefighter, as far back as I can remember." He worked for a summer fighting forest fires in Thunder Bay and is currently enrolled in the pre-service firefighter, fire part-time course at Conestoga College. And as if that wasn't enough to satisfy him - he's now one of Baden Station's newest volunteer firefighters!



Greg and his wife Stacey are originally from Stratford, but lived for a time in Kitchener before moving to Baden in May of 2009 -- a move that was the realization of a long-time dream. "Once we had Ethan, our son, we knew that Baden was the perfect place to raise a family," he says. Greg explains that it's Baden's small-town feel and community spirit that appeals to him, and in joining the Wilmot Township fire department, he's able to take part in that spirit.

Since joining the Baden Station in October, Greg has been on three "general" alarms (a larger incident such as a fire or car accident) and at least six medical alarms. Is it everything he'd hoped for? Greg answers "yes!" He goes on to explain why:

"I like going home at the end of the day knowing that I may have helped to save a life, be it directly or indirectly -- whether I reminded someone to change smoke alarm batteries, or pulled somebody to safety. I want to help people in need, while challenging myself."

So although this new volunteer is no longer firefighting in the wild woods of Northern Ontario, he will no doubt continue to be a fan of helping others, wherever he can.


Christmas Gift Suggestions:

*To your enemy, forgiveness.
To an opponent, tolerance.
To a friend, your heart.
To a customer, service.
To all, charity.
To every child, a good example.
To yourself, respect.*

~Oren Arnold


*Season's Greetings from
MP Harold Albrecht*

*seasons
greetings*




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You Must Be Joking!



40 Years of Marriage..

A married couple in their early 60s was celebrating their 40th wedding anniversary in a quiet, romantic little restaurant. Suddenly, a tiny yet beautiful fairy appeared on their table. She said, 'For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish.

The wife answered, 'Oh, I want to travel around the world with my darling husband.

The fairy waved her magic wand and - poof! - two tickets for the Queen Mary II appeared in her hands.

The husband thought for a moment: 'Well, this is all very romantic, but an opportunity like this will never come again. I'm sorry my love, but my wish is to have a wife 30 years younger than me.

The wife, and the fairy, were deeply disappointed, but a wish is a wish. So the fairy waved her magic wand and poof!...the husband became 92 years old.

The moral of the story: Be careful what you wish for, and fairies are typically female.

Email submitted by Amiee Gutzeit



Chuck Bender and Jim Boshart hand a \$600 cheque to Sharon Lichti of Wilmot Family Resource Centre, donated from Nith River Wild Turkey Conservation Association.

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- * Westhills Church, Corner Roads 104 & 45, Lisbon ~ 519-634-4993
- * Livingston Presbyterian, 44 Beck Street, Baden ~ 519-662-3002
- * Christian Centre, 177 Jacob Street, New Hamburg ~ 519-662-3234
- * LivingWater Fellowship, 45 Hincks Street, New Hamburg~ 662-3300

Coming in the New Year we will feature a directory of local churches on our Baden Outlook web site.

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Hypnotherapy

By Anna Gold, M.S.W., R.S.W.

Have you ever had the amazing, or perhaps bizarre, experience of watching stage hypnosis? Members of an audience are suddenly able to do any number of ridiculous things, including singing tunes, telling strangers they love them, or making animal sounds. Presto, with the clap of a hand, they are released from their trance! While it may seem as though these are magicians taking over the minds of others with secret powers, they are, in fact, trained hypnotists. The volunteer participants hand over their critical thinking, in other words, their conscious mind. By doing this, they allow their unconscious, or subconscious mind to be accessed.

Hypnotherapy is hypnosis practiced by a registered psychotherapist with specific training in the field of hypnosis.

Unlike stage hypnosis, individuals do not agree to act silly or do strange things. On the contrary, they bring specific goals to the session so that they may, in a safe therapeutic environment, concentrate fully on the suggestions of the therapist, filter out thoughts and stimuli in the conscious mind, and allow the unconscious mind to be open to suggestions of change. For example, we may feel stressed and automatically (in our conscious mind) think "I need a cigarette." However in hypnosis, we can access the part of our mind which is open to an alternate response to this same stressor, such that we automatically breathe deeply and notice a feeling of calm and peace overcome us. Thus the hypnotherapist can emphasize other suggestions or thoughts that will assist with the intended outcome of the session. The power to quit smoking, cope with anxiety positively, release oneself from a specific fear, or experience childbirth with increased ease, are some of the wonderfully positive effects achieved by many hypnotherapists.

Anna Gold is a practicing psychotherapist, and the director of Southern Ontario Counselling Centre in St. Agatha, Ontario. You can learn more about Anna by visiting socounselling.com or you can reach her by phone at 519 746 2323 Ext. 301.

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Welcome New Babies... Brandon and Juliette



Stephen and Jennifer Smith (Rich) are pleased to announce the birth of their son, Brandon Gene Smith. Brandon was born November 18, 2010 at Woodstock General Hospital weighing 8 lbs. 1 oz. A baby brother for Kevin, Jessica and Madison. Brandon is also welcomed by grandparents Gene and Kathy Smith and Bruce and Janet Rich all of Baden, and all his aunts, uncles and cousins.

Hudson Bruyn would like announce the arrival of his baby sister Sienna Marie Juliette Bruyn on October 20th. Mommy, Daddy and Hudson now feel complete with her safe arrival to the family.



Stork: a large bird that carries babies in its beak. Our arms were waiting and opened wide when this sweet bundle was dropped. And the world is bright with wonder and light.



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PET FOOD DRIVE A GREAT SUCCESS!

Anne Marie Hunter, New Hamburg Vet Clinic

It is with great pleasure that I am writing this letter. This is the first year that we have done a pet food drive and it was a huge success. Donations included 232 kg of dog food, 54 kg of cat food, 62 kg of cat litter and monetary contributions!!! This is all thanks to the generous people of our community. It is a great privilege to live in a community that cares so much about the people in need. Pets are a special part of every family and it is a great help if we can provide even one bag of food to a family who struggle to feed themselves.

We now have the wonderful opportunity to present the above donations to the Wilmot Family Resource Centre, which operates the Emergency Food Bank for Wilmot Township and the lower half of Wellesley Township. If you are in need of an emergency food hamper, please visit Wilmot Family Resource Centre in person at 175 Waterloo St. New Hamburg and don't forget to let them know if you have a pet. All inquires are completely confidential. Stay tuned next October for our second annual pet food drive!



"Get It Together"

..with Donna & Rhonda

Bring in the new . . . Fling out the old
This is the time of year, around
Christmas, that it is evident just how
much "stuff" we have! We receive more
clothes, more toys, more gadgets, more books . . . How do
we find a home for all our new gifts?



It is time to "fling out the old". When you receive or buy a
new item, donate a similar item. For example, if you receive
a new pair of shoes for Christmas, donate another pair (if
it is in good condition) or throw it in the garbage (if it is
not worth donating). Bless someone else. Who needs to
have 30 pairs of shoes?? If you can't find a similar item to
donate, then we encourage you to find TWO unrelated
items to donate or toss! If we kept this as a mindset, we
wouldn't accumulate so many things. This is an exercise to
practice all year round.

Take the time to look at the items you have with a
critical eye.

Do I still use this?

Is it broken or unsafe?

Do I need this many?

Is there someone else who could really use this?

When you pass on items, don't see it as a "loss" but that
you are blessing someone else. There is someone else out
there who would love to have that item and would really use
it. Don't hold on to items "just in case" you need them
someday. There is someone that needs it right now. Teach
this skill to your children too. They need to learn that we
can't keep everything. We need to bring in the new and fling
out the old.

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My name is John Cull and I have known Jim Miller for many years. In fact, we went to high school together - I was one of Jim's teachers, Jim was one of my students. The time came in the course of the school year for the dreaded three-minute prepared speech and Jim's speech was about a 1935 Chev he was learning to restore under the guidance of his dad, Clare Miller. Jim also spoke about his interest in other antiques, including watches and dishes (it so happened that at the same time, we were looking for a cherry corner cupboard and had found one in the country but felt that it was too expensive for us). As Jim was leaving the classroom after the bell, I said to him that if he and his father ever found a cherry corner cupboard, I would be interested. After a few days, Jim let me know that they had a pine corner cupboard for sale and invited me to their house to look at it. We went to the Miller house, met Clare and Joy and inspected the cupboard which was in two parts in the garden shed. I asked the price and Clare said, "Make me an offer." I dithered and finally said, "Ninety dollars." Clare countered with, "We'd have to have a hundred and twenty five." After a couple more visits we arrived at \$115 (that's about right, Jim? - the customer goes up \$25 and the dealer comes down \$10). It was the late '60s and even though I refinished the cupboard inside and out, Jim offered a good return on my investment several years later. I didn't sell. As Jim told me once, "John, you could never be a dealer because you are too much a collector."

The asking price of the cherry corner cupboard in the country? \$65.

Over the years, Jim and I have had many a conversation, whether 'By Chance or By Appointment' and I always enjoyed his unique point of view. We solved the problems of the world and especially the problems of local politics many times over. We could never understand how reasonable people couldn't see things our way!

A few days after my brother died, Jim dropped in to our place on the Huron Road. We met him on the front porch and he said, "I don't know what to do or say, but..." and with that he gave me a big hug. We have hugged many times since then, especially in the last two years as Jim balanced the realities of cancer with the possibilities of successful treatment.

A few days before Jim entered the hospital for the last time, I was driving home through Baden and New Hamburg. I always like to drive by Waterloo-Oxford and toss off a salute, hoping that good things are going on in there. As I drove by Miller Street, I noticed a navy blue PT Cruiser waiting to turn; I was certain it was Jim driving his Dad's last car (as a side note, I would like to say how much I

appreciated the slide show at Jim's funeral service, especially those early pictures of Clare, Joy, Marion and Jim - Marion's death in a tragic accident which also took the life of her fiance, Jim Richmond, was a powerful event in all our lives). I turned left in New Hamburg and the PT Cruiser followed. In the parking place at Jim's showroom, I commented on our 'By Chance' meeting and Jim said, "Come on in - It was meant to be." We sat in the comfortable surroundings and talked. Very rarely did one have a conversation with Jim Miller without the phone ringing and while Jim took a call, I tried not to listen - with both ears! At some point Mike came in and started working at his desk. When Jim was off the phone, Mike started to tell him about a business deal he had just made concerning a street sign he had just sold. Again, I "tried" not to listen.

Jim said, "He paid that much for that old rusted-out piece of..." I think he used the word 'stuff' but you would have to ask Mike, because, remember, I wasn't listening.

Jim read the expression on my face and said, "Uh, I mean ... that wonderful unique and rare piece of valuable Canadian memorabilia." And then he laughed as only Jim Miller could laugh.

As I was leaving that day, I asked Jim how Marlene was coping with all the stress and worry of his illness. Jim said, "Marlene is strong and as a nurse is somewhat prepared to handle 'the event'." I sensed that 'the event' was not that far off, but it didn't really register with me that this would be my last conversation with our good friend, Jim Miller.

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the Health & Wellness Page

Water Weakness:

Submitted By Michael Fisher



It's been a wet week for me - I've been exploring and researching water, especially fluoride. It began with a weekend seminar that I attended where the subject of liver toxicity came up, and water being a major contributor. It's surprising how many hazardous substances simple clear tap water can contain; it might just blow you away.

Health Canada's website has information on drinking water, and a link to the World Health Organization's list of known chemicals in tap water. They list over 100 common chemicals, each with a report on the dangers and toxicology of the chemical. It's pretty staggering, and I invite you to take a look at it:

[\[http://www.who.int/water_sanitation_health/dwq/chemicals/en/index.html\]](http://www.who.int/water_sanitation_health/dwq/chemicals/en/index.html)

If that isn't shocking enough, I had a random phone call asking if I'd like my home water tested. A man came over and sat with me for over an hour as we tested both my tap water AND my filtered bottled water that I buy in town. I was thrilled to see the positive results of the bottled water tests, and again surprised at how poor our tap water is. The total dissolved solids in the water was tested barely acceptable to Government health standards, and failed to match many health organization standards. According to wikipedia, here are some average ppm (parts per million) total dissolved solids figures: [\[http://en.wikipedia.org/wiki/Hard_water\]](http://en.wikipedia.org/wiki/Hard_water)

Montreal 116 ppm, Calgary 165 ppm, Regina 202 ppm, Saskatoon 140 ppm, Winnipeg 77 ppm, Toronto 121 ppm, Vancouver 3 ppm, Charlottetown PEI 140 – 150 ppm.

Stratford tap water tested at 485 ppm, 15 ppm just shy of standards acceptable to the Government. In contrast, my bottled water was tested at 3 ppm.

Also, some exciting news for neighbouring Waterloo region, which just recently announced that they've STOPPED fluoridating water!! Amazing! I've been aware of the dangers of fluoride for some time, but if you have a moment to stop by [\[http://www.nofluoride.com\]](http://www.nofluoride.com) you'll see just how bad it really is. For one, there are plenty of studies showing its dramatic effects on the brain and behaviour, being deemed as a neurotoxin. Interesting that fluoride is an active ingredient in Prozac and Paxil. Not only does it affect the mind, but it blocks iodine receptors, easily causing hypothyroidism, altering our hormones and interfering with our liver. Even the past president of the American Medical Association says "Fluoride is a corrosive poison that will produce serious effects on a long range

basis." So when Waterloo region's water fluoridation equipment broke down some years ago, and no increase in tooth decay was reported, residents began questioning, which led to an official end of water fluoridation in Waterloo region. Incredibly, tooth decay has been decreasing across the county, at the same rate everywhere, whether the water is fluoridated or not. This is good news for residents of Waterloo region, and luckily, all of us (or most of us) should have access to good filtered water that we can purchase, or at least get installed filters for our tap water, so that we can remove most of these harmful poisons that are in our water.

I recommend filtered water for drinking, cooking and even soaking grains and beans. For bath water, let the bath water sit for at least 5 minutes before getting in, which will allow the chlorine to evaporate! Also, a chlorine filtered shower head is not a bad idea.

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Protection and Connection since 1880

The Josslin principles of **protection** and **connection** can only be achieved with great people to carry the torch forward: a dedicated team of professionals fulfilling the mandates of protection and connection on a daily basis through genuine caring, a commitment to excellence, on-going education and a willingness to serve.

There's a family atmosphere among the people at Josslin, built on mutual trust, respect and integrity; the same qualities that our communities expect from their insurance provider. **And the team at Josslin delivers. Every day. Whatever it takes.**

From our family to yours,

Have a Very *Merry Christmas*

and a

Happy New Year

519•662•1644

www.josslin.com

