

DECEMBER 2011

# Baden Outlook

"Keeping the Community Connected"

Since August 2000 ~ With 2800 copies in circulation

VOLUME 12, ISSUE 5

IT WAS A GREAT DAY FOR THE PARADE - SUNNY SKIES AND AN EAGER CROWD WAITING AT CURBSIDE



The Baden and Area Chamber of Commerce announced the winners of this year's Santa Claus Parade. Thanks to all who took part and congratulations to the winners.

1st overall – Innovative Dance

2nd overall – Nith Valley Snow Surfers

3rd overall – 1st New Hamburg Scouts (unit consists of boys from New Hamburg, Wellesley, New Dundee, and Baden)



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The Baden Outlook

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Web: www.badenoutlook.com



#1 Family Entry –  
Brenneman Drive Kids  
and Friends

#1 Children's Entry –  
Creative Beginnings  
Childcare Centre

#1 Commercial Entry –  
New Hamburg  
Vet Clinic



This paper is priceless - Please have one!

merry Christmas!  
Talking  
With Ed

### Another Jewel for Wilmot

We have all seen the incredible changes made over the last ten years in Baden. Having the population almost triple in size is most obvious, but with that comes two new schools and a fantastic ice facility, complete with meeting and recreation rooms (phase one). This January, phase two's, aquatic centre will be opening and there is a lot to get excited about.



According to Scott Nancekivell, one of the most impressive features of the 62,000-foot new facility is the ceiling, which is built with tongue and groove Douglas Fir and Pine from British Columbia. It has a WOW factor but at the same time gives a warm, friendly, and less institutional feel to the building.

There are now two pools in the building. An eight lane, 25-metre lap pool that is a certified FINA short course replaces the existing six lane pool in New Hamburg. This pool has a shallow end of 1.2 metres (4 feet) and a deep end of 3.5 metres (11.5 feet) with a one metre diving board. The 249,000-gallon pool will be kept at a temperature in the low 80s and will be the home of the Wilmot Aces swim team.



The second 48,200-gallon leisure pool will have a sloped shallow end and the temperature will be kept in the high 80s. This pool will host the aqua fit and training courses, and has one round corner with therapeutic jets. The township has a waiting list of 200 people for their swimming courses plus there will be a lot of demand from outside the township to use this state-of-the-art facility. Also located on the lower floor is the 2,500 square foot active living centre. This will be equipped with a full kitchen and comfortable furniture.

The exterior level of the upper level will have a four-lane walking/running track (seven laps equals one kilometer) that will have a specialized shock resistant floor. There will be a dry-land training room that will be available to rent at a reasonable cost, and a sixty person meeting room. The New Hamburg Optimist Club recently gave a donation of \$25,000 towards the youth centre, which will have a flat screen TV, ping-pong table, foosball table and lots of comfortable furniture.

This facility will be sure to make us all proud and will be the envy of the region. Best of all, it is conveniently located between New Hamburg and Baden where the Wilmot Trails system should eventually meet up. *I'll say it again... it will be the envy of the region – another reason why it is great to live in Baden.* Until next month...Ed

'Tis the season....To say Merry Christmas and happy holidays to our readers. It seems that 2011 came and went quickly despite all the exciting things that happened in town this year. We saw new faces in the township office led by our new leader—Mayor Les Armstrong. We welcome new business, and a new school made its presence ...and oh yes, a gas bar too! Crazy, who knows, maybe next year will bring us a bank. You never know what is ahead, that's the fun part—wait and see!

We know there will be a town meeting held on February 7th, inviting Badenites to join together and

share their enthusiasm for our little town that grew! So put on your thinking caps and come share what your hopes and dreams are for the future—every idea is a good one! Open your mind to all that Baden could be!

*Once again we are happy to publish our 2012 Outlook events calendar featuring more archive photos, courtesy of Baden businesses who made this possible - so please thank them! We will mail them to all Baden residents (except for those who have a junk mail block) and we will have some available to sell at Egli's Meats, One Way Water, and The Candy Bag, for \$3 – We appreciate your support!*



## EXTRA!! EXTRA!!

There are copies of The Baden Outlook available in Baden at Egli's Meats, Mars Variety, EJ's, Mac's, One Way Water, Little Things, The Candy Bag, Baden Library, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

In New Hamburg at No Frills, Sobey's, Short Stop, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, New Hamburg Library and various offices and retail locations throughout Wilmot Township. Also available at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg), Foxboro.

*~ And as always, It's Priceless ... Please Have One!*



*With Love,  
From Mrs. Ed*

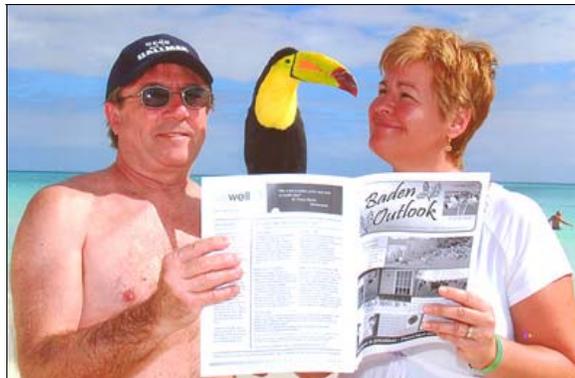
While recently in Mexico, it became apparent that when meeting new people we need to be ready with an explanation of what we do here at the Baden Outlook. You see, once the introductions are made, the next typical question is, "So, what do you do?" Barry easily pipes up describing his 39 years with Zehrs Market and his position on town council, and then hesitates for a split second before he states that he tag-teams with me on a small business. With that, the look comes my way and I gulp (Barry grins knowing this is not a simple answer). "Uh, we publish a community paper called The Baden Outlook."

"Oh, sorry, what was that – Baden what?" And now it seems an explanation is required.

First we try to define our publication. It is not a newspaper; Wilmot already has a weekly newspaper with current local news. We once called it a newsletter, but with 36 pages, we're not sure that fits anymore. Some call it a magazine, but that makes me think of glossy pages with a polished professional look; we're definitely not that. In fact, I'd like to find a new name for what the Baden Outlook is: a cross-over between the *Reader's Digest* (a variety of short, interesting, and personal stories) with those educational magazines that I enjoyed as a child, like today's *OWL* or *CHIRP* (with games, trivia and puzzles and yes, both of those publications have inspired me and influenced me when creating the Outlook) --simple fun reading.

So the next question is almost always, "What does this involve?"

Well, that too is a loaded question. We brainstorm each month for content, usually beginning with a seasonal theme while focusing on Baden and "keeping the community connected." Of course, we also respond to the input that comes from Wilmot Township. It doesn't take long for the pieces of the big puzzle to fall into place, keeping a fair balance between content and advertising. Barry sets out to do



*Apparently my answer was too complex, as the only one listening at the end was the toucan.*

interviews and writes the follow-up articles, while I confirm with the monthly advertisers and begin setting up the layout of the paper in the computer. Preparation of the paper spins into a two-week marathon before it goes to the proofreaders who take turns editing our bloopers monthly from the 5<sup>th</sup> to 10<sup>th</sup> (many thanks to Lil Quanz, Gail Corning and Kendra Folkard who stand by and respond quickly). If all goes according to plan, we print from the 12<sup>th</sup> to the 14<sup>th</sup> in our basement and begin distribution on the 15<sup>th</sup>.

In the meantime, there is constant correspondence via the telephone and the Internet, and it seems we become the "Baden Information Call Centre" as people inquire about the date of the fishing derby or annual garage sale, or where can one find a babysitter or a piano teacher. Some are even looking for lost relatives thinking we will surely know someone who knows someone. There are ongoing administrative duties and bookkeeping. Although I've had no formal training, I have become a graphic designer too.

When I prepare the paper, I mostly feel like a kid having fun doing crafts or a puzzle, being creative and playful. I enjoy researching goofy things on the web, sharing silly pictures, and experimenting with the many font and type styles. Despite the many hours put in and the diligence required, it does seem strange to call this my job. I have to keep things light and not take myself too seriously (errors do happen!).

Thank goodness for the readers and the advertisers who continue to be patient and kind, which encourages me each month as I sit and begin with 36 blank pages. And since "time does pass quickly when you're having fun," it is easy to lose hours while engrossed in creation and slumped over the computer screen as I sometimes miss out on real life. So, many thanks to Hans and the gang at Egli's who give me a reason to get off my chair and away from the computer so I can interact with this incredible community while I serve the customers at the meat market a few hours a week.

**MERRY CHRISTMAS**

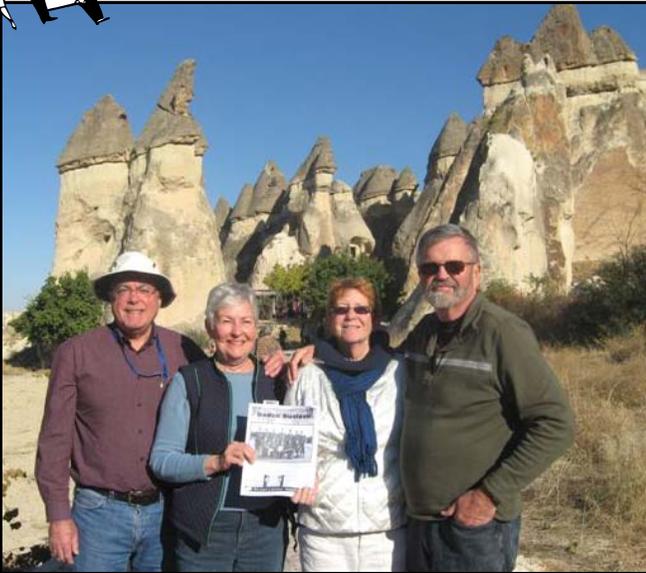
*from our family to yours*

**Michael HARRIS** MichaelHarrisMPP.ca  
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Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Doug & Carol Nichols and Karen & Peter Morris, residents of Stonecroft, New Hamburg, took the Baden Outlook with them on a recent tour of Turkey. In the background are the interesting rock formations of the Cappadocia region.



Kevin and Kelly Williams went on a cruise and took their Baden Outlook to Capri, Italy.



Alana and Ben Shanks went to Disney World, Florida, with their Baden Outlook.



John and Geraldine Sanderson took their Baden Outlook to Key West, Florida.

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**Being a "MO-BRO" - Peter Roe, Councillor, Ward 2**

When I announced in the Council chamber that I intended to be a Movember participant (Mo-Bro), I didn't know what I was getting into. All I knew was that I would have to grow a moustache for the month of November. In all my years, I'd never done that, so it would be a new experience. Now on November 27, as I write this, I've learned a lot. And I now have quite a bit of hair on my upper lip.

What has been brought home to me is the generosity of the human race, especially Canadians, and most particularly the people of the Region of Waterloo and Wilmot Township. It's amazing! Canada only has about 34 million people; yet Canadians have pledged more money to prostate cancer than Americans (population about 300 million) or citizens of the UK (population about 70 million). And I'm not talking about a proportional basis; we Canadians are ahead of the others in real numbers.

Movember started in Australia, so you'd expect Australia to lead the way in donations and donors. But not so. Canada leads the world in total donations and is second in numbers of participants. And that lead is not small. As of today (November 27th) the numbers are:

Country	MoBros	Donations in \$CA
<b>Canada</b>	<b>243,000</b>	<b>\$27.9 million</b>
UK	250,000	\$17.3 million
Australia	141,000	\$16.7 million
USA	142,000	\$10.0 million
<b>World total</b>	<b>841,000</b>	<b>\$74.5 million</b>



Canada has more than 1/4 of the participants and Canadians have given more than 1/3 of the world-wide total. It's impressive.

But what about close to home? I started with the idea that I could challenge my friends and acquaintances with a target of \$1000 in a month. That's what the Movember people suggested. I doubted that I could make it, so I went public in the Council Chamber. I'm very happy to say that, effective November 27, the total of cash, cheques, donations on the internet and pledges of donations to my campaign is more than double my original goal. That is, over \$2000. Almost all this generous giving came from the Region of Waterloo, with a bit from friends across the Province. By far the most came from people in Wilmot Township, with the largest pledge from a person in Ward 2. I'm truly overcome by your generosity.

Movember will raise a total of over \$75 million from 14 countries around the world, and Canada leads the way. That's just one more reason why I can say with confidence that we live in the best country in the world.

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**Christmas Hours**  
 Fri. Dec 23 - 9 am to 5 pm  
 Sat. Dec 24 - Closed  
 Mon. Dec 26 - Closed

All other days we are open regular business hours.

**Wishing you and your family a very Merry Christmas!**

**In-Store Christmas Clearance on Now!**



All proceeds benefit the work of Mennonite Central Committee

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## Meet Firefighter AJ Yoworski

Everyone knows how rewarding firefighting is: what's more satisfying than saving a life or putting out a fire? But there's another very important aspect to firefighting that often goes unrecognized ... The joy of becoming part of a community. And that's an aspect that's fully appreciated by one of Baden's newest firefighters, AJ Yoworski.



AJ grew up in Kitchener, and first became interested in firefighting when he was young: like many children, he was attracted to the thrills. But his interest became a more serious one as he grew up. "As I took a more active role in the community around me, particularly through my involvement in sports and coaching, I saw that being a firefighter also meant being a member of a team."

It was this desire to work with others that drew him and his fiancé Amanda to Baden. "I had helped out at the Baden firefighters' ball tournament in the spring, and was able to experience the community spirit and that sense of togetherness." When the couple moved here in July, AJ knew that being part of the fire department would be a great way to get involved.

A mobile crane operator for Patene Building Supplies, AJ certainly keeps himself busy in his new community: he's undergone the training and education to become a career firefighter, plays golf, enjoys camping, and coaches minor hockey. And since he became a member of the Baden Station in October, he gladly takes on even more chances to help those around him.

"Every call is a new challenge," he says--and it's clear he's more than willing to take on that challenge. But even as the excitement of firefighting is added to his list of community activities, AJ still keeps his focus on helping others: "It's all rewarding," he smiles, "to help those in need."



## Baden Firefighters Association



### Annual Fundraising Dance

Saturday January 28, 2012  
8:00pm to 1:00am

Tickets \$10.00 - see any Baden Firefighter or call 519-634-5768



Grand River Transit Bus rides back to Baden - \$5 in advance.

### Bravo Baden Firefighters ~

14 Baden Firefighters took part by growing moustaches with almost \$3,000 raised by them for prostate cancer research!



The Baden Firefighters placed 30th out of 93 participating departments.

*"Values are like fingerprints. Nobody's are the same, but you leave 'em all over everything you do."*

~ Elvis Presley



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## Ask Armand ~



**Herb from Baden asks** - There have been many great sports figures from Baden. I wonder if there has ever been a famous wrestler from our town?

**Armand Says** - Interesting question Herb. Yes, that would be Brooke Uttley, born in 1914, who lived in and around the Baden area. As a wrestler he toured across Canada trying to increase his skills and eventually ended up wrestling overseas in the 30s and the 40s. Even at that time, scripts were to be followed and there were the good guys and the villains.

Brooke's wrestling name was Red Von Brokau ("Brok" for Brooke "A" for Alvin his middle name and "U" for Uttley). He was known as "Hitler's best friend" which obviously got the crowds worked up. He was known to be in excellent physical shape and a great wrestler. He fought his last fight in 1943 and died at age 41 in 1955. He was buried in England.

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



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



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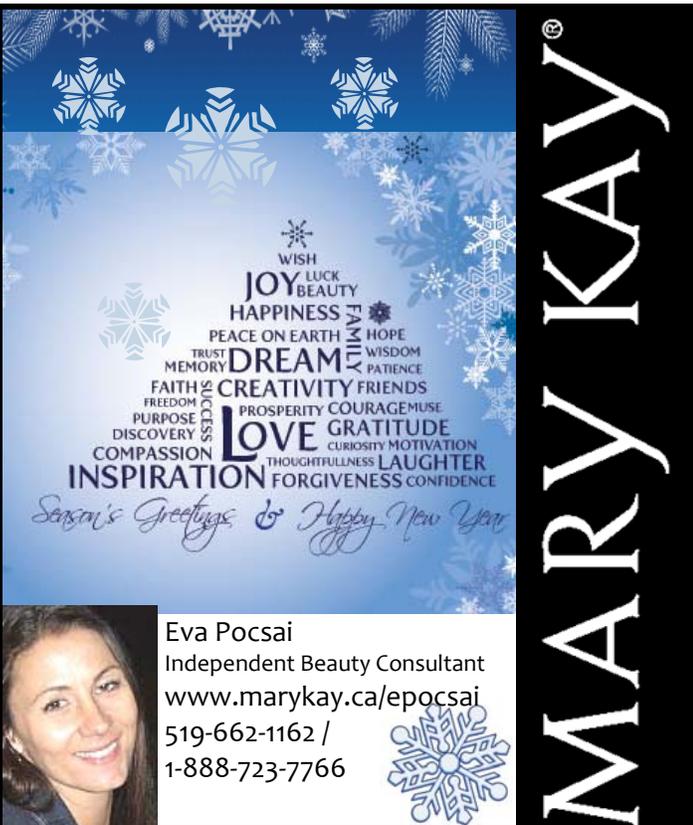
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## Holiday Greetings from the Baden Branch Library!

**Holiday Hours:** Dec. 24: Closed  
 Dec. 27: 2:30 to 5:30 p.m. / 6:30 to 8:30 p.m.  
 Dec. 28: 10 a.m. to noon / 2:30 to 5:30 p.m.  
 6:30 to 8:30 p.m.  
 Dec. 29: 2:30 to 5:30 p.m. / 6:30 to 8:30 p.m.  
 Dec. 31: 10 a.m. to 1 p.m.

**Holiday Fun!** Come to the library and check out our collection of seasonal books, magazines, movies and CDs. Give the holiday candy guess a try on your visit too!

**Holiday Deals!** Check out the annual magazine sale. Previously enjoyed magazines are only 25 cents each or 5 for \$1!

**And after the holidays a present for you.....!**

### Announcing New Hours at the Baden Branch Library!

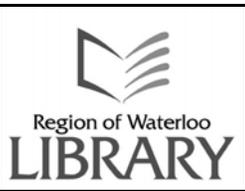
Beginning Tuesday, Jan. 10, 2012 there will be more hours to enjoy the library. Please note the library will now be open over the traditional supper hour. New staff will also be joining us, so it is essential that you bring your library card with you at all times.

Tuesday - 2 to 8 p.m.  
 Wednesday - 10 a.m. to noon / 2 to 8 p.m.  
 Thursday - 2 to 8 p.m.  
 Saturday - 10 a.m. to 1 p.m.



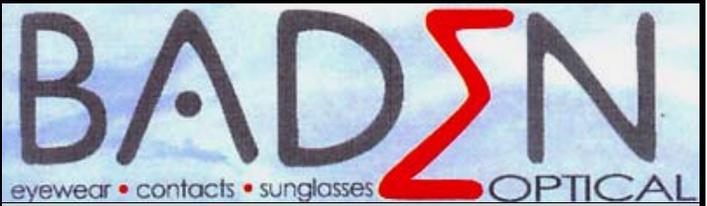
**Come Read With Me!** An evening family storytime recommended for parents/caregivers and children 3 to 7 years old. Read, play games, and learn about literacy in fun ways. Drop in! It's free! Thursdays at 6:45 to 7:30 p.m. from Jan. 11 to Feb. 29, 2012.

Contact the library at 519-634-8933 or by email at [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) for more information.



Up-to-date information is also available on our website at [www.rwl.library.on.ca](http://www.rwl.library.on.ca).

Chris Baechler  
 Assistant Supervisor, Baden Branch



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## IF YOU SEE A FAT MAN...



Who's jolly and cute,  
 Wearing a beard and a red flannel suit,  
 And if he is chuckling and laughing away,  
 While flying around in a miniature sleigh,  
 With eight tiny reindeer to pull him along,  
 Then let's face it... Your eggnog's too strong!  
 Merry Christmas and a Happy 2012!!



*Merry Christmas ~ Let us host your holiday party!*

Hours of Operation  
 Lunch -11:30 am to 2 pm Tuesday through Saturday  
 Dinner Reservations - 5 pm to 8:30 pm Tuesday through Sunday  
 Sunday Brunch -11:30 am to 2 pm, Dinner 5 pm-8:30 pm



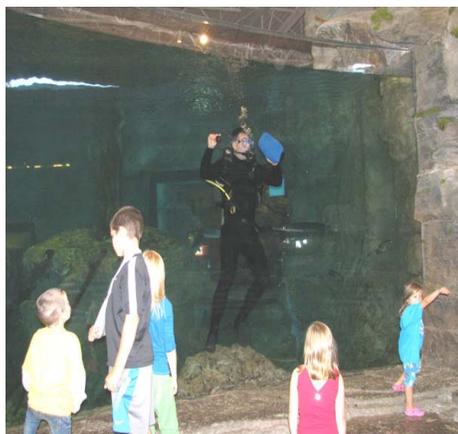
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 (519) 662-2020 or [waterlot@waterlot.com](mailto:waterlot@waterlot.com)

## Aquariums By Design ~ Keeping Up with Baden's Fish Guy

Stace Bleich's love for fish and aquariums came at an early age because Stace's father always had fish tanks in his home. His first part-time job was at an aquarium store in Cambridge and, after graduating from school, Stace worked full-time at a fish supply store in Kitchener. He eventually left the store and created Aquariums by Design.

Today Aquariums by Design is Canada's largest aquarium maintenance and design company serving most of central and southern Ontario. The company has six employees that service, design, and custom-build aquariums for residences, nursing homes, banks, and retail locations, including dentists and professional offices.

Stace's largest account is the Bass Pro Shop in



Vaughan, Ontario. His team visits there Monday, Wednesday, and Friday each week to service the 38,000-gallon main tank and the 10,000-gallon river tank that runs through the store. Each Wednesday is "Dive Day," the team deep clean the tanks while outfitted with scuba gear.

Aquariums by Design has been operating out of the basement of his house in Baden with large tanks and cleaning supplies stored there. Now he has taken the next step in the business by opening a 2,500 square foot store at 668 Erb Street West (the corner of Erb Street and Ira Needles at the Canadian Tire Plaza). The store's grand opening was on December 10th, and Stace and wife Jamie would like to invite everyone to check out their new venture.



The new store will carry fresh and salt-water fish and aquariums up to 180 gallons (larger custom-made aquariums are on request). The new store also sells all of the necessary supplies that are needed, such as lighting systems, filtration kits, and supplies for outdoor fishponds.

The store is designed to be a bright, fun place for families to come in and build their aquariums. There is a 1,000 gallon Shark and Sting Ray tank in the middle of the store where sharks will grow up to three feet in length. This will be a one-stop shop for your entire aquarium needs. Stace has left space at the back of the store for their design business.

For more information visit [www.aquariumsbydesign.ca](http://www.aquariumsbydesign.ca) or visit them on facebook. Drop into the store to say hello. You will find many surprises in the new store.

## Wilmot Jujitsu

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



## RIVERSIDE LANES



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Ask for Eric



# LookOut Kids' Korner

## Christmas Cookie Ornaments



### Ingredients

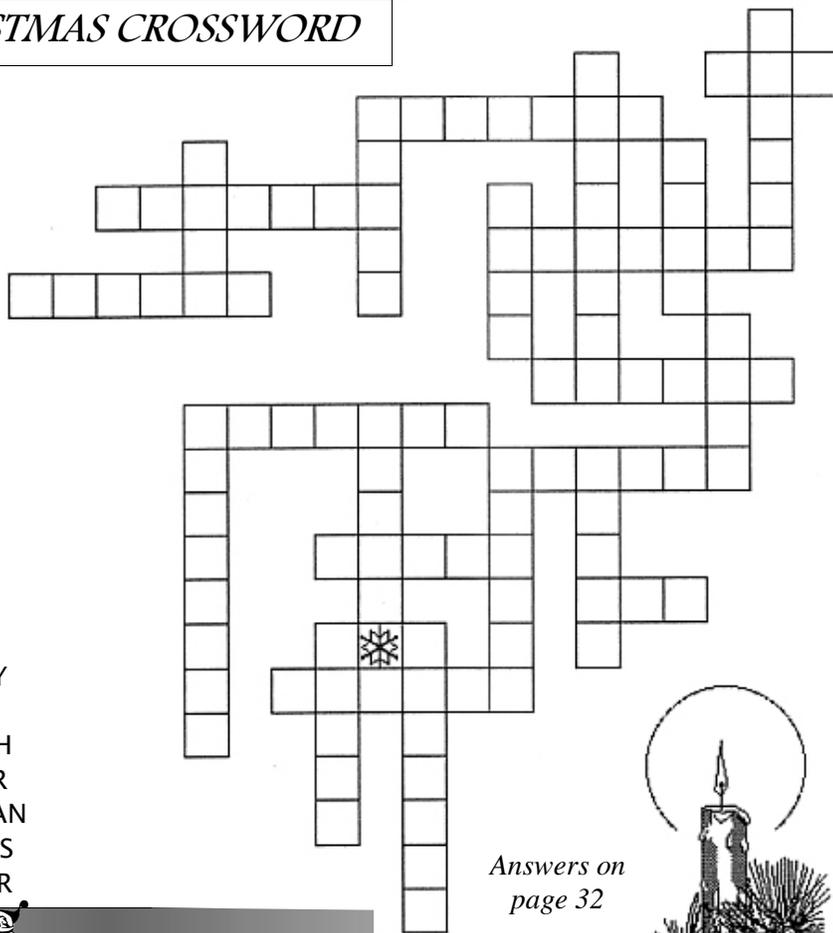
- \* 1/2 cup unsalted butter
- \* 1/2 cup sugar
- \* 1 large egg yolk
- \* 1 teaspoon vanilla extract
- \* 1 1/2 cups flour
- \* 1/8 teaspoon salt

### Cooking Instructions

1. Heat oven to 350 degrees F. In large bowl beat butter with an electric mixer on medium until smooth. Add sugar. Beat until combined, scraping side of bowl occasionally. Beat in egg yolk until combined. Add vanilla. Beat until combined.
2. Add flour and salt. Beat until combined, scraping down side of bowl occasionally.
3. Between two sheets of waxed paper or plastic wrap, with a rolling pin roll the dough to 1/4-inch thickness. Cut out the shape of your hand. Use a straw to poke a hole in dough for hanging. Re-roll and use scraps until all dough is used.
4. Bake 15 to 20 minutes, depending on the size of the cookies, or until lightly browned.
5. Remove from oven and cool on cookie sheet 5 minutes. Remove to cooling rack to cool completely. Decorate as desired.

## CHRISTMAS CROSSWORD

- ELF
- TOY
- GIFT
- BELL
- TREE
- STAR
- SANTA
- COMET
- CUPID
- VIXEN
- CANDY
- FROSTY
- WREATH
- DASHER
- DONNER
- SLEIGH
- DANCER
- CHIMNEY
- BLITZEN
- RUDOLPH
- PRANCER
- SNOWMAN
- PRESENTS
- REINDEER



Answers on  
page 32



## Christmas Trivia Quiz

1. What colour are the berries of the mistletoe plant?
2. In the song The Twelve Days of Christmas, "...my true love brought to me nine..." what?
3. What Christmas item was invented by London baker and wedding-cake specialist Tom Smith in 1847?
4. Which country did St Nicholas come from?
5. Who wrote How the Grinch Stole Christmas?
6. What is the name of the cake traditionally eaten in Italy at Christmas?
7. How many points does a snowflake have?
8. The character Jack Skellington appears in which 1993 Tim Burton film?
9. What is traditionally hidden in the Christmas pudding?
10. According to the song, how many days of Christmas are there?



Ho! Ho! Ho! Merry Christmas!



### Answers

1. White
2. Ladies dancing
3. Christmas cracker
4. Turkey
5. Dr Seuss
6. Panettone
7. Six
8. The Nightmare before Christmas
9. A coin
10. Twelve

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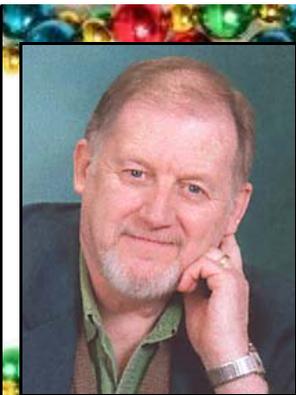
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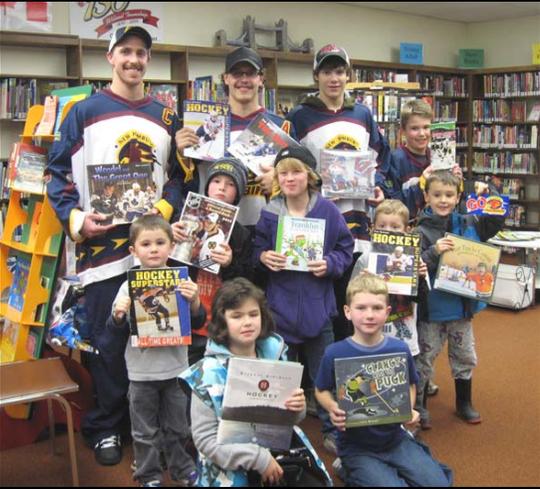
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## Hockey Night in Baden Reading Event

Members of the NH Firebirds spent time at the Baden Library reading to the children. We are planning on making it an annual event. We had 14 kids and 9 parents come out and everyone had a great time.



The players were awesome with the kids!

The Birds who thrilled the Baden kids were: Matt Horst (captain), Nick Pope (assistant captain) and Jaden Goetz.



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## Firebirds are on Fire

The New Hamburg Firebirds continually improve each year! As of December 4, 2011, with 23 games played and a record of 17 wins, three losses and three overtime losses for a total of 37 points, they are in first place. Last season after 36 games played they had 24 wins, 10 losses, and two overtime losses, while the year before (2009 – 2010) it was 15 wins, 19 losses and two overtime losses. They are heading in the right direction!

The Firebirds don't have any big guns in the top ten of league scoring but they do have a good balanced team with scoring spread throughout the lineup. Leading scorers for New Hamburg include Nick Pope (11<sup>th</sup> place in

the league), Damien Parent (12), Trevor Sweetland (16), Sean Kienapple (23), Taylor Wood (30) and Sam Murray (32). This shows how powerful their scoring punch is. Their goaltending is ranked 8<sup>th</sup> and 9<sup>th</sup> in the league with Brodij Gerrys and Chad Nelson sharing the duties.

The New Hamburg Firebirds are Wilmot Township's premier sports team and they need our support to take them through the rest of the season and the playoffs. The Baden Outlook is sponsoring a game on Friday, January 6 against the Simcoe Storm. Below is a coupon for free game admission for your family. Bring out the kids and cheer on your New Hamburg Firebirds and watch them turn the storm into a light wind.

This coupon entitles you and your family entry to a hockey game at the Wilmot Recreation Complex  
Friday, January 6 - 7:30 pm.



# NEW HAMBURG FIREBIRDS VS SIMCOE STORM

This game is sponsored by The Baden Outlook - please present this coupon at the door.

## Baden Outlook Hockey Pool Stats

ADULTS			KIDS		
Place	Name	PTS	Place	Name	PTS
T1	Heather Dubrick	299	1	LaShaedyn Faulkner	300
T1	Sharon Williams	299	2	Nicole Lowry	295
3	Joyce Snyder	294	3	Matthew VanDeWynckel	286
4	Brad Forler	291	4	Joel Heise	278
5	Karla Salese	289	5	Caitlyn Hillar	277
6	Darla Hopiavuori	287	T6	Kyle Gawlik	276
T7	Melba Honderich	286	T6	Tanner Schwartzentru...	276
T7	Kerri Kendrick	286	T8	Logan Kleine	271
9	Deanna Carney	285	T8	Calob Heinbuch	271
T10	Tara Kleine	284	T10	Jake Livingston	270
T10	Jim DeJong	284	T10	Breanna Hopiavuori	270
T12	Alia Henderson	282	T10	Aislynn Gibbons	270
T12	David Connolly	282	T10	Tyler Kleine	270
T14	Nadine Evans	278	14	Jacquiline Bender	269
T14	Earl Nickolas	278	15	Travis Forler	268
T14	Rachel Jutzi	278	T16	Nathan Gerber	267
T14	Michelle Naumann	278	T16	Misty Snyder	267
T14	Beth Gilbey	278	T16	Wyatt Stone	267
T14	Kathleen Rempel	278	19	Liam Boronka	266
T20	Len Mueller	277	20	Emily Morrison	265
T20	Karen Sisko	277	21	Sara Martin	264
T20	Syl Yantzi	277	22	Carter Schwartzentru...	263
T23	Rita Vitello	276	T23	Brayden VanDeWynckel	262
T23	Chris Wegford	276	T23	Madelyn Hammer	262
T23	Howard Schell	276	T23	Alex Wagler	262
T23	Jamie Poth	276	T26	Montana Flood	261
27	Bonnie	275	T26	Jayden Gawlik	261
T28	Maggie Litwiller	274	T28	Buzz Morrison	258
T28	Ellie Schmitt	274	T28	Olivia Salese	258
T28	Justin Kendrick	274	30	Brinn Gerber	257
T28	Tony Sokie	274	T31	Aiden Heinbuch	256
32	Rita Kaufman	272	T31	Mitchell Mueller	256
T33	Amy Papa	271	T31	Paige Naumann	256
T33	Doug Kaminska	271	T34	Benjamin Ziegler	254
T33	Shelly Diebold	271	T34	Tanner Heinbuch	254

Congratulations to **Heather Dubrick** for taking the adult leader prize in this month's

Hockey Pool - winning a gift certificate from EJ's of Baden,

and to **Nicole Lowry** for taking the kids leader prize winning a bowling package from Riverside Lanes.

(Remember LaShaedyn - you can only take the leader prize once!)

The lucky random draw winners are **Al Kimmel**,

winning a gift certificate from Egli's Meat Market, and **Mike Cobean** and **Alex Wagler** winning Baden Outlook shirts.



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WOW! Sports fans...Thanks for playing hockey with us! There are 491 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](http://outlookhockey) or [outlookkids](http://outlookkids) and the password is [quest](http://quest). To view both pools, you must log out of one to get into the other. The top 100 entries will be listed—to view all teams click on "more teams" on bottom of page. Have Fun and Good Luck!



**TCP's AIDA nominated for Community Theatre Award**

It's with great pride that TCP announces our nomination for best Community Theatre Production with our 2011 production of Elton John & Tim Rice's AIDA.

What's even better is that our production currently is taking top spot based on your votes, but we need your help to ensure we win in this year's awards.

The Broadway World Awards recognize the best in theatre within Toronto and the surrounding area each year.

Simply visit the following website and cast your vote.  
<http://toronto.broadwayworld.com/liveupdate2011region?btype=239@ion=Toronto>

Voting ends December 31, 2011. All nominations are determined based on reader submissions and input, as these awards truly belong to the awesome theatre loving community in Toronto and beyond!

**Winners will be announced early in the New Year.  
Vote now and vote often!**

**Auditions for The Music Man are January 13,  
14, and 15 at St. Agatha Community Centre**

**A Police STOP at 2 AM**



An elderly man is stopped by the police around 2 a.m. and is asked where he is going at that time of night.

The man replies, "I am on my way to a lecture about alcohol abuse and smoking, and the effects they have on the human body." The officer then asks, "Really? Who is giving that lecture at this time of night?"

The man replies, "That would be my wife."

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## Baden Birding

Last fall I wrote a column about the Audubon Christmas Bird Counts, explaining how they are one tool used to track the fluctuating populations of birds while isolating the steady decline of particular species which may be at risk of extinction or extirpation (no longer found in a geographic area). At that time I invited people to participate in a local bird count. This year's counts will be held in the Kitchener area on December 17, Cambridge on December 18, and Linwood on January 2. Please contact me at 519-634-8718 if you would like to participate this year.

I suspect that the cold weather keeps all but a very dedicated few from the field on these counts, but there is a second, important way to participate, and you can do it from the comfort of your own home!

"Project FeederWatch" asks individuals to keep an eye on their feeders at regular intervals between November and April, counting the number of visits from each species of birds which visit. This program, which is a joint venture of Bird Studies Canada and the Cornell Lab of Ornithology, helps scientists to study wintering populations in various areas of Canada and the United States. In effect, you become an important part of a scientist's field studies team.

Last year in Ontario, the 10 most common feeder visits came from Black-capped Chickadees, Blue Jays,



*Submitted by Ken Quanz*

American Goldfinches, Downy Woodpeckers, Mourning Doves, Dark-eyed Juncos, Northern Cardinals, White-breasted Nuthatches, Hairy Woodpeckers, and European Starlings (in order of percent of feeders visited). My own feeder also has regular visits from Red-breasted Nuthatches and Sharp-shinned Hawks.

If you register as a feeder watcher you will receive a full-colour bird poster, a calendar, a FeederWatch handbook and Instruction Book, as well as access to the data entry portion of the FeederWatch website – all the more reason to look out your windows during the winter!

Contact information is as follows: Project FeederWatch, Bird Studies Canada, P.O. Box 160, 115 Front Street, Port Rowan, ON N0E 1M0. Phone 1-888-448-2473 or email [pfw@bsc-eoc.org](mailto:pfw@bsc-eoc.org).

A short footnote about bird feed: I have had a number of questions about finches feeding well on Nyger seed, then suddenly not visiting the feeder. I suggest buying small fresh bags of Nyger and letting the seed "run down" in the feeder so you have less chance of the bottom seed becoming water soaked. I buy mine from Baden Feed and Supply where it is processed on site (all Nyger must be sterilized so it will not grow if it falls on soil). I feel that this is the freshest seed available and my daily visitors, 20-30 Goldfinches, seem to agree.



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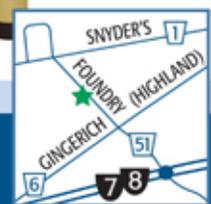


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## Driving on Winter Tires Saves Lives

Submitted by: *Be Tire Smart – Play Your P.A.R.T*

*Research proves that winter tires can save your life!*

Research conducted by The Government of Quebec in the two years since winter tire use became universal in that province has proven conclusively what tire makers have long known: driving on winter tires saves lives and reduces serious injuries.

The 2011 study, which compared Quebec road accident statistics before and after winter tire use became required, shows that in the past two winters there has been a five per cent reduction in road-accident injuries that can be directly attributed to winter tire use. The research concludes that winter tires prevent about 575 road-accident injuries per winter in Quebec. The study also found that vehicle accidents resulting in death or serious injury declined by three per cent.

“When people ride on winter tires, road-accident injuries decrease,” says Glenn Maidment, president of the Rubber Association of Canada (RAC), which represents tire makers. “Considering that only 51 per cent of Canadian motorists use winter tires, the Quebec experience should give us all pause for thought. There now can be absolutely no doubt that winter tires offer the safest winter driving experience.”

This fall tire makers are urging Canadian drivers to carefully consider whether winter tires are right for them and to make an educated choice. To help motorists make the right decision for their driving patterns, the industry is offering drivers a wealth of information about the performance advantages of winter tires at its website, [betiresmart.ca](http://betiresmart.ca).

What motorists may not know is that today’s high-tech winter tires offer far more than better traction on snow, ice or slush covered

roadways. The rubber compounds used in today’s sophisticated winter tires deliver better grip in all cold weather driving conditions – including dry pavement – because these compounds maintain their elasticity even at temperatures below minus 30 degrees Celsius. The result is a dramatic improvement in driver control and traction in all winter driving conditions, particularly when cornering or braking.

Drivers who choose to roll on winter tires will notice the difference in traction when the temperature falls below seven degrees Celsius, or as soon as they can see their breath.

Traditionally, many drivers, particularly those who live in cities or towns where the streets are cleared regularly, have opted for all-season tires to avoid the bi-annual tire changeover. All-season tires can provide safe all-weather performance, but winter tires deliver up to 50 per cent more winter traction.

“The most common objection to winter tires is cost,” says Maidment. “But that concern is tempered by the fact that using winter tires prolongs the life of a vehicle’s conventional summer tires, which over time saves money. Given the performance and safety advantages, winter tires should be considered a driving essential from December to April.”

When buying winter tires, motorists should look for the mountain snowflake symbol on the sidewall. Tires with this symbol meet or exceed tire industry snow traction requirements.



Motorists should remember that excessive tread wear can diminish traction and, as a result, tread depth should always be checked at the start of the winter driving season. Drivers who are unsure if their tires are overly worn should consult their tire retailer to determine if they should be replaced.

Proper tire inflation is another winter driving essential. Tires that are under-or-over inflated have a smaller footprint on the road surface, which lessens their grip. The result is reduced stopping and handling capabilities and wasted fuel. Tire inflation pressure can drop quickly during cold snaps. Every five degrees Celsius change results in about one psi change in pressure, so a temperature drop of 15 degrees Celsius would result in 10 per cent or three psi under-inflation. During winter, tire makers recommend measuring tire inflation frequently using a reliable tire gauge to ensure tires are properly inflated to the vehicle manufacturer’s recommendation.

Learn more about winter tires by visiting [betiresmart.ca](http://betiresmart.ca)



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- 1800 Was the era the mill was built
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## Just like Insurance, the First Save is the Biggest One

*Local Brokerage Josslin Insurance and IBAO and OMHA Presidents to Deliver Goalie Equipment for a Kid the Community*

**New Hamburg: November 26, 2011, Josslin Insurance Brokers**, member of the Insurance Brokers Association of Ontario (IBAO) has been selected to deliver a goalie kit to the New Hamburg Minor Hockey League, as part of the 'Ontario Minor Hockey Association (OMHA) and IBAO Goaltender Assist Program'. IBAO has sponsored the purchase of 40 goalie kits which include a bag, chest protector, pads, blocker, catcher's glove, stick and goaltender resources for the chosen OMHA local hockey association.

**Scott Wagler of Josslin Insurance Brokers** in New Hamburg, in addition to Peter Burns, president of the IBAO and Joyce Junker, President of the OMHA, were able to meet with team coach, **Scott Pfaff**, to deliver the goalie equipment to the players of the **New Hamburg Huskies** at the Wilmot Recreation Complex during one of their games.

The OMHA and IBAO Goaltender Assist Program is an effort to support children who have dreams of becoming a hockey goaltender, by providing a set of hockey goaltending equipment to 5-7 year old players interested in trying the position. In

addition, IBAO will provide minor hockey associations with goaltending resources to aid coaches. Over forty sets of new equipment will be given to young players across the province.

"IBAO and **Josslin Insurance Brokers** are thrilled to support OMHA, an organization focused on building and growing the skills of youth in our communities," stated IBAO CEO, Randy Carroll. "Brokers are committed to the people in their communities. This type of sponsorship directly relates to that commitment by encouraging youth to be active."

The program was launched in September this year, and comes with an appropriate tagline to showcase the partnership between OMHA and IBAO, "Just Like Insurance, the First Save is the Biggest One."



Joyce Junker, President of OMHA; Scott Wagler of Josslin Insurance Brokers; Matt Wilhelm, President of New Hamburg Minor Hockey Association; Peter Burns, President of the IBAO

The New Hamburg Huskies with Scott Wagler of Josslin Insurance Brokers; Matt Wilhelm, President of New Hamburg Minor Hockey Association; Joyce Junker, President of OMHA; Peter Burns, President of the IBAO



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# 2012

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Christmas is fast approaching. And the holidays just wouldn't be the same without a few brightly coloured poinsettias placed strategically around your home. How did this unique flower become the official plant of Christmastime? And what other plants can you use to decorate for the holidays this season?

**Poinsettias 101**

Native to Mexico, the poinsettia plant comes in shades of red, pink, peach and white. Varieties with speckled foliage present a distinct display and in the centre the tiny yellow blooms come out in clusters.



The calendar had a big hand in crowning poinsettias king of the holiday season, as least in the floral sense. The beautiful colours are naturally produced on the plant during this season, just in time for Christmas. That timing made it completely reasonable to dub the poinsettia 'Christmas star' and 'winter rose.' Combine flashes of red with the star-like shape and this plant was bound to form thick ties with the holidays.

Poinsettias can survive long after the Christmas season ends, although it takes some special attention and care. If you're looking for flowers next season be aware that the plant needs about two months of dark nights. These long uninterrupted periods of dormancy in the fall provide the perfect conditions for reflowering. Your poinsettias require about 10 weeks of this treatment before they're ready to display their particular blend of holiday brilliance again.

For the best show during the holidays poinsettias should be kept out of direct sunlight and in a warm area. Even moisture is recommended. Start with the freshest plant from the greenhouse shelves, and avoid those pots with wilted leaves and very few flower clusters.

Although many people believe that the foliage is toxic the truth tells a different story. Sure, poinsettias leaves may cause mild diarrhea and vomiting when eaten, and those with sensitivity to latex are best to avoid direct contact, but for the most part these plants are safe to have in your home.

**Amaryllis Adoration**

Another beautiful flower that will brighten your home this winter is the amaryllis. A bulb that blossoms well in large pots kept out of direct sunlight, this flower presents spectacular blooms in a wide variety of colours.

Amaryllis makes an impressive Christmas gift for the gardener in your life as well. Look for the Dancing Queen cultivar (Abba, anyone?) that boasts red and white striped bloom in just six short weeks. Picotee is another popular variety, with tall stems holding up gorgeous white blooms edged with red contours in around seven weeks.

**Evergreens Inside**

Live Christmas trees aren't the only evergreens that grace the home this Christmas. Bring in some potted pines to decorate. Or use wreaths or swags made of live mistletoe, ivy and holly for a splash of colour and aroma.

Decorating your home with convenient and reusable ornaments and décor is wise and simple. But bringing a bit of your garden inside will make your holiday season even brighter. Set amaryllis on the window ledges, evergreen arrangements on the mantle and poinsettias around the room. Enjoy the season in a natural way.



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---

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&  
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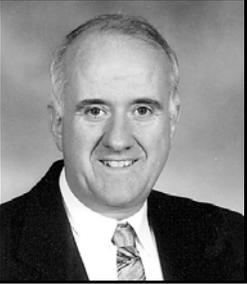
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## Sir Adam Beck: A Century of Light in Baden

By Teresa Brown

Sir Adam Beck: in Baden, we have a park named after him, as well as a new public school. But do you know who Adam Beck was, and why he's so important to our community? This December is the perfect time to learn, as it will be one hundred years since Sir Adam Beck brought hydroelectric power to Baden, turning on the lights for the first time!

Adam Beck was born in Baden in 1857, to German immigrants Jacob Beck and Charlotte Hespeler. His birthplace was a small farmhouse still located today on the Harold Schmidt farm. Growing up in this small town, the young Beck worked at his father's foundry, and later established a cigar-box factory in Cambridge.

From these humble beginnings, Adam Beck grew up to become a successful businessman, and then a vitally important historical figure. He became involved in politics -- first becoming mayor of London, Ontario, and then in 1902 Beck became a Member of Parliament.

As an M.P., Beck opposed the idea of private-for-profit companies owning electric power, and he advocated for publically-owned grids. He wanted to make sure all Ontario citizens could benefit from what he recognized was an essential resource: hydroelectric power. It was Beck who encouraged the creation of a municipally-owned hydroelectric system to bring power to municipalities from Niagara.

And so, Ontario Hydro was born--thanks to the man from Baden who believed in "power for the people!" It was only logical then, that when our little town was to receive the benefit of hydro, it would be Beck himself who turned on the lights, on December 29, 1911—only one year after the "big city" of Berlin (Kitchener) began receiving hydro-electric service.

On that December day, Adam Beck returned to his hometown of Baden. The Berlin News Record (Kitchener's newspaper back in 1911) reported that after a pleasant stroll with local dignitaries and Members of Parliament along Baden's streets, Beck arrived at the Opera House (the building now housing Pizza Express), and went out to the balcony over the Dominion Bank.

From there, Beck spoke to the gathered crowd about his dream to "open a new era for Baden ... Hydro Electric means a better life...and a more profitable era for those on the farm: it would lighten labour and lengthen the day."

And then, Adam Beck "reached out and turned



the switch, and Baden was illuminated at 6:11 p.m." This historic moment is immortalized in a painting by Fergus Kyle. (Unframed prints of this wonderful scene, shown here in The Outlook, are available for purchase at Castle Kilbride's gift shop).

After a banquet, Adam Beck and other guests then proceeded to the Lutheran Church (St. James Lutheran, on Mill Street). Here, nine lights—donated by Beck in memory of his mother—were turned on at 8:00 o'clock. The Berlin News Record also reports that "a huge Christmas tree, lit up by hundreds of miniature electric lights, reached from the floor to the roof, and stood just as it did on Christmas Day."

Adam Beck was applauded by his hometown that day, and would be hailed for years to come as a "father of Ontario Hydro." He was knighted by King George V in 1914 for his achievements in making hydroelectric power a reality for so many people. When he died in 1925, electricity throughout Ontario was cut off for two minutes, to honour the man who brought "power to the people."

When he was in Baden, Beck said: "Hydro Electric is more than an illuminant. You will iron, cook and eventually heat your homes with electricity. It will give you great sanitary features, and remove many burdens." When Beck delivered this message to his hometown one hundred years ago, he was not just making a promise, but a prediction --a prediction that would more than come true.



A century later, we use electricity constantly: we no longer think of it as a gift or a luxury, but as an essential resource, and indeed as our right. It's almost impossible to think of life without electricity—and that is, perhaps, the finest legacy that Sir Adam Beck would ever have wanted.

Thanks to Tracy Loch and Sherri Gropp, Curator and Assistant Curator at Castle Kilbride, for resource material. Quotations from the Berlin News Record, December 30, 1911. Be sure to visit the Sir Adam Beck display at the Castle, just outside of the Council Chambers by Reception.



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*Sharing Christmas Traditions:* We asked the grade four classes at Sir Adam Beck School what their Christmas traditions are—In their own words this is what they told us.



- ~ Every year in my family we buy a Christmas ornament. We go to my Great-Grandparent's apartment and the whole family is there with a Christmas ornament wrapped up. Then we sit and put our ornament in the middle of the room and one by one we pick one. Then we go eat food on the table and talk to each other. It's my favourite part of Christmas - Gillian
- ~ On Christmas my family goes to my Nanny and Popa's house to open our gifts. When we get there we all go to the Christmas tree upstairs and look for the pickle ornament. Who ever finds it gets the prize. Then we all go downstairs and open our gifts. In our family we do something called "the Bad Elf". Someone in the family gets the bad elf gift, and we also have something called "the good elf". Last year I got the good elf. It was a bubble gum machine. And that's our Christmas! - Abby Adair
- ~ On Christmas Eve my family goes to my Nana's house but first we pack our clothes because we're going to our other Grandma's house to sleepover. Before we go to Nana's house we pick one gift to open when we get to our Grandma's house. It's an hour long drive. We sing songs and then go to bed. On Christmas we wake up my brother Tim, then my Grandparents then our cousins come so we can open our gifts. Then we play with our cool new toys. I hope people have as much hope as I do because hope can never be broken! Have a Merry Christmas and to all a good night!! - Lilly W.
- ~ Every year I go to my grandma's house for Christmas. The parents will talk and the kids will play. I go on the computer and go on Webkindz. My little cousin will play with my little sister named Emily. After we will sit around the tree and will open the presents—youngest to oldest. And then we sit and have supper. We leave. I love Christmas.—Julia James.
- ~ Every year my family and I go to the Baden Christmas parade. When we first get there we are sometimes a little early so we usually get a really good spot. We usually have to wait a little while for the floats to start coming—it always starts off with the small ones. My favourite ones are the little motorcycles that pull the little trailers. Then the big ones start to pull up and my favourite big one is a giant Kitchener Rangers player. I love going to the Baden Christmas parade. Do You? - Will
- ~ A holiday tradition that my family does every year is when we come up from the barn we change into our PJs and then we eat our dinner and before we go to bed we open our presents. I love Christmas. - Philip H.
- ~ Always on the night before Christmas my family and I always go to

my grandparents' for dinner and sometimes we stay the night. If we stay the night we usually stay for breakfast. After breakfast we head off to our other grandparent's house with everyone on my Dad's side of the family. We usually have a fancy dinner with the rest of the family. We usually leave at 10:00. Sometimes when we get home some of the presents are there but we still leave them until the morning and that's how we spend our Christmas Eve, - Stevie

- ~ On Christmas morning when we all wake up, we come downstairs and look at the Christmas tree while we wait for everyone to come down. Then when everyone is down, we open the presents that we made for each other. After that we always open our stockings second. Then we watch each other open our presents from Santa. Then my Grandma and Grandpa come over and we open more presents. That is what we do on Christmas morning.—Sidney S.
- ~ Every Christmas my family goes to my cousins house and sleeps overnight. And I play hockey with my cousin and he takes shots on me because I am a goalie. I love it. Its so much fun. I am always so hungry because I play lots of hockey.—Kai
- ~ On December the 24, my Mom and I bake for hours because all of our family comes over to have a little party. When they come they can go wherever they want to go. If they have kids, I would show them the basement, and they can play in my playroom, or just watch TV. After that everybody is here, my Mom brings a sweet platter and a vegetable platter, so the kids can eat. Finally when the party is over around 10:00, my brother and I get to go downstairs and open one present and it is always PJs. Then we put them on and go to bed! - Bethani Loveman
- ~ Every Christmas we let the youngest open all their presents first. Then, of course, I get to open up all my presents. Also my Dad gets his video camera. He always takes pictures of us on Christmas. Every year on Christmas Eve we all put out a Santa plate that Santa only uses. We make our own cookies, get a glass of milk and pull nine carrots out of the fridge to put on a plate for Santa's reindeer to eat. That's my Christmas. - Haily R
- ~ On the night before Christmas my family stays up as late as we can because then we will sleep for at least seven hours and before we go to bed we play Wii, board games or watch movies. In the morning we all wake up at least 7:00 in the morning. Then we open all the presents. - Sam
- ~ Every year on Christmas Eve, my family and I get together at my Nana's and Popa's house. We eat Christmas dinner and open some presents. After my family and I open presents and eat dinner. The parents talk and the kids go down stairs to watch TV. After most of our family is gone, my family and I leave. Then Christmas Eve is over and the next day is Christmas.—Taryn M.
- ~ On Saturday in December we go to York Nursery and get a Christmas tree.

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When we get home with the tree my Dad sets up a tree stand for it and a carpet to go around it. Later on in the day we decorate the tree with ornaments. I love Christmas. - Eden Klassen

- ~ My Christmas tradition is on Christmas day my family and I have cinnamon buns for breakfast. After that we open our presents under our tree. Next we go to Gramma's house for lunch with my family. After that we go down stairs to open the presents that my family gave to each other. That takes around two to three hours. Then we have a snack and watch TV and play with our new toys that we got. After that we have supper. Next we watch more TV and play with our new toys. Finally we leave to go home and have a good sleep. That is my Christmas tradition. - Zach D.
- ~ First me and my family open our presents. After that we all eat a big meal. Then me and my family all go to church. - Lance
- ~ Every Christmas we go to my Gramma and Gramp's and have a big supper. Then when we are done eating we can open up our presents. Then we go to bed. - Alex
- ~ My family's Christmas tradition is we have a special breakfast that we don't have alot of the time. Next when we are done our breakfast, we go downstairs to open our stockings. Then we open our big presents. After that we go to one of my Mom's family's houses for supper. Every year I love Christmas, so does my family. - Carson W.
- ~ On Christmas Eve my Mom and Dad put three green pickles on the tree. My brother, sister and I each look for # one pickle and whoever finds the first pickle gets to open the first gift. And Christmas morning we open our stockings and gifts. - Chaise
- ~ On Christmas morning for about one hour, we open gifts at my Dad's side of the family and then my Mom's side. - Nathan W.
- ~ Every year my family and I open our family's Christmas gifts on Christmas Eve. Then on Christmas Day my whole family goes over to my grandma's house to open even more presents. Before the presents are opened my Grandma make a big homemade meal for supper. As we drive over to her house in the bitter cold, I watch the snow drift through the wind and every year is an original Christmas. - Sydney G.
- ~ My family tradition is on Christmas Eve we go down stairs and open one present. I usually choose the biggest one. But on Christmas Day at about 9:00 a.m. or 10:00 a.m., we open all of our presents. After that we go to our cousin's house and Grandma's house. They bought us more presents too and then we go home. - Nik
- ~ What our family tradition is is we have a family dinner. We also open presents and go to church. On Christmas Day we get together with my Grandma and Papa. We open more presents at their house and then we eat dinner. After dinner we have dessert. We get to have any kind of dessert we would like. Its fun! I like our family tradition. - Calista Bruder



~ On the day before Christmas, we go to my Nana's house for Christmas Day. When we wake up and open all of our gifts, I hand out all of them. Then we go to Grandma's house. When we get there we eat a Christmas meal. After that we go to bed. In the morning Ryan and I hand out gifts. After we eat, we go home. I love my Christmas tradition. - Jenna C.

- ~ A tradition is we all go and get a Christmas tree and we always invite a lot of people over to my house. My Grandma and Grandpa give me a loaded stocking. - Ethan Troupe
- ~ My family's tradition is we get a white Christmas tree every Christmas. On Christmas eve we open one present. It's always PJs. On Christmas day I open my biggest present first. That's my family's tradition for Christmas. - Abby M. Dobson
- ~ My Christmas traditions is going to my Dad's house and having a big supper like mashed potatoes and chicken also gravy. After we open presents. We invite all the family over for presents. Then I go to my Mom's house to open presents and play with the gift we open first. Every year I am so excited for my brothers give me a stuffed animal every year. Wow I have a lot. - Morgan Uhrig
- ~ For my tradition at Christmas my family and I watch Elf the movie. It is so funny. I laugh my head off every year. - Jarod
- ~ My Christmas traditions are I go to my Nana's house after Christmas and I see Santa. We get to open one present. It is always clothes first. On Christmas my brother dumps a cold glass of water on me—its so cold! And those are my traditions. - Sierra Haskett
- ~ Mmmm something smells good! Cookies! There's always cookies on Christmas. We make ginger bread, peanut butter cookies, sugar cookies they are all very good. After they are done baking we decorate them. We make lots of cookies and a lot of different kinds too. After they are decorated we eat them. - Jordan Gawlik
- ~ My Christmas traditions are having all of my family over on Christmas morning and having a delicious breakfast! Another Christmas tradition is we go over to my Grandma's and Grandpa's for Christmas dinner. I get so excited when my family comes over because they always bring a big box of presents for all of us! I love when I get to see them! My last tradition is every year someone in my family "accidentally" breaks a glass ornament! - Jennifer Salt
- ~ I get together with my family and we have a feast. After feast, we open presents. I hope one of my presents is an IPOD Touch. - Evan



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 And cards around the doorway taped  
 And cookies baked, and green wreaths hung  
 And carols in the crisp night sung  
 This Christmas cannot be as fair  
 In homes where there's an empty chair.



Dear God in Heaven, bless with peace  
 Those whose Christmas joy has ceased  
 For those who grieve and cannot bear  
 The stillness of that empty chair.



Instill in them a second sight  
 To see in death a lasting light  
 Which reassures that those who've died  
 Now kneel before the manger side  
 To celebrate the blessed birth  
 More grandly than we can on earth.

And may those visions of your care  
 Bring hope enough to fill that chair  
 So Christmas carols may be sung  
 And Christmas bells may still be rung  
 And Christmas peace replace all fears  
 And Christmas joy be felt through tears.



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## Merry Christmas To All My Friends



If I were ol' Santa, you know what I'd do  
I'd dump silly gifts that are given to you  
And deliver some things just inside your front door  
Things you have lost, but treasured before.

I'd give you back all your maidenly vigor,  
And to go along with it, a neat tiny figure.  
Then restore the old color that once graced your hair  
Before rinses and bleaches took residence there.

I'd bring back the shape with which you were gifted  
So things now suspended need not be uplifted.  
I'd draw in your tummy and smooth down your back  
Till you'd be a dream in those tight fitting slacks.

I'd remove all your wrinkles and leave only one chin  
So you wouldn't spend hours rubbing grease on your skin  
You'd never have flashes or queer dizzy spells  
And you wouldn't hear noises like ringing of bells.

No sore aching feet and no corns on your toes  
No searching for spectacles when they're right on your nose.  
Not a shot would you take in your arm, hip or fanny  
From a doctor who thinks you're a nervous old granny.  
You'd never have a headache, so no pills would you take.  
And no heating pad needed since your muscles won't ache.

Yes, if I were Santa, you'd never look stupid  
You'd be a cute little chick with the romance of a cupid.  
I'd give a lift to your heart when those wolves start to whistle  
And the joys of your heart would be light as a thistle.

But alas! I'm not Santa. I'm simply just me  
The matronest of matrons you ever did see.  
I wish I could tell you all the symptoms I've got  
But I'm due at my doctor's for an estrogen shot.



Even though we've grown older this wish is sincere  
Merry Christmas to you and a Happy New Year.

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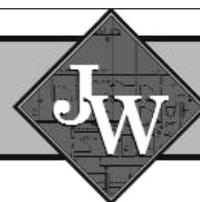
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## St. Agatha Citizen of the Year

We attended the first annual St. Agatha Citizen of the Year Award event, envisioned by Joe Hergott and sponsored by the St. Agatha Lions Club. It was a small gathering at Kennedy's, brimming with plenty of enthusiasm.

Al Fisher was the surprised and humble recipient of the award presented by Lion Dave Cole.



Honourable mention with second amount of votes went to Ron Dietrich (absent) and Bert Lichti pictured here with Joe.

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As we get closer to Christmas, holiday entertaining is gearing up in lots of homes. Here are a few tips to apply anytime of year, but especially during this busy season.

In preparation for guests, tidy the house as time allows, but focus on sparkling clean bathrooms...it gives the illusion that the whole house is clean.

Pre-think your timetable on what needs to be done for preparation of your meal. Do as much of it in advance as possible and write the rest down on a list. Sometimes it is hard to keep your focus on details when you are also trying to visit with company that is standing around in the kitchen.

Be sure your counters are clear of unnecessary items and that your garbage can and dishwasher are empty.

Talk to your kids ahead of time about who'll sit where to avoid the "he's sitting in my spot" issue. Plan activities for kids who may not have much in common or hire a teen to come in and babysit.

Come up with a standard menu that you can serve for different batches of company, that way when you are doing advance preparation you can double up and save time. That is working smarter, not harder.

Enjoy the blessings of friends and family this Christmas season!

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## Sno-Surfers are Gearing Up for Winter

The Nith Valley Sno-Surfers are out on the trails, trimming branches, levelling fields, and posting signs and stakes for the upcoming season. The twenty-member group is responsible for 32 kilometers of trails that are linked to a system that will maneuver a snowmobiler through Ontario, Quebec, and beyond.

The Sno-Surfers are part of the Ontario Federation of Snowmobile Clubs which has seventeen districts. The federation provides insurance for all districts in Ontario. The Surfers are in district five, which includes clubs from New Dundee, Wellesley, St. Agatha, and North Easthope. District five has three trail groomers that keep the trails in great shape, when weather conditions co-operate.

The Baden club, which formed over 30 years ago, amalgamated with the New Hamburg club approximately 15 years ago to become the Sno-Surfers. They have their own club (see picture) that is located north of Baden along the power lines. This building, which was originally located near Erb Transport, was partially disassembled and dragged to its current spot. Since the relocation it has tripled in size and makes a warm inviting place for members and fellow snowmobilers. The clubhouse is powered by a generator when the club members are there.

Snowmobiling is becoming a significant part of Canada's tourist industry that brings dollars into local businesses. Fuel, food, and lodging establishments all gain from snowmobilers coming into Wilmot Township. The Sno-Surfers encourage this by installing proper directional signage on the trails and placing garbage containers and outdoor toilets at the clubhouse.

The Sno-Surfers also work with the local police force to ensure the trails are safe. The Waterloo Regional Police have several snowmobile units that are targeting unsafe drivers, impaired drivers and unlicensed sleds. Most of the Ontario clubs' funding comes from the sale of trail permits and the police watch for offenders, as riders without permits are technically trespassing.

Each club decides when their system will open and close each year as they are dictated by trail conditions. For instance, there might be plenty of snow on the ground but the club might not open the trails since creeks and the Nith might not be frozen yet.

Health and Safety is paramount for their club! They have a Health and Safety committee and guidebooks for proper sign and stake placement. The club is a legal corporation so all of the volunteers are considered employees. Once the signs and stakes are placed an inspector goes around and signs off on the positioning. They follow very



strict risk management policies. The OFSC have designed a training program for 12 to 16 year-olds who would like to drive the trails. The six hour program, which allows the youths to ride the trails but not the roads, is taught by club president and Master Instructor for the district, Sean Bond and Leta Gastle, who is the Driver Training Instructor (see picture)

The Sno-Surfers would love to work with the township on their Master Trails Plan, as they already have a trail system in place where they have worked with landowners. They would offer club-member participation for keeping the trails clear and sometimes get funding for culverts and bridges. The town of Listowel has a working agreement with their neighborhood clubs and it works out well for both parties. The club has several upcoming events to which they would like to extend an invitation. On January 21<sup>st</sup> there is a poker run and on February 4<sup>th</sup> there will demo day at the club house starting at 11am. *Bring on the snow!*

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**YOUR HEALTH CHECKLIST FOR THE NEW YEAR** By Dr. John A. Papa, DC

The New Year is quickly approaching and it is time to start thinking about all the changes or “resolutions” to which we would like to commit. The purpose of this article is to give you a head start on planning to act on those resolutions that pertain to health and wellness.



**GETTING MORE EXERCISE:** Always a popular promise many individuals make to themselves going into the New Year. Unfortunately, many fail to engage in or sustain a meaningful exercise program. Several keys to making exercise work for you include scheduling exercise into daily activities to make it as convenient as possible and choosing exercise activities that you enjoy. Health benefits can be realized in as little as 45 minutes, three times per week. Starting off slowly and easing into activity will help prevent injuries. Be sure to incorporate components of aerobic, resistance, and flexibility training to ensure you are getting the full benefits of exercise.

**NUTRITIONAL BALANCE:** Sensible eating should consist of nutritional balance with the correct proportion of quality carbohydrates, proteins, and healthy fats. Significant and positive changes can be made to your eating habits by cutting down serving sizes, eliminating unhealthy snacking, and minimizing foods that can be detrimental to your health. Your body only functions as well as the fuel you put into it.

**STRESS MANAGEMENT:** Unresolved stresses can lead to many health problems if left unchecked. Changing the way we think about stress can be the first step toward better health. Some stresses can be avoided while others can be confronted and resolved. There are certain stresses that we cannot do anything about, so don't fret about things

beyond your control. Rely on close family and friends to help you through times of stress. The New Year is a time of starting fresh, and letting go of things that prevent you from enjoying life.

**SLEEP:** Important biological mechanisms function during sleep hours to help our bodies recharge, recover, and recuperate. The average adult requires six to eight hours of restful sleep each night. As little as three days of sleep deprivation has been shown to significantly compromise productivity, create problems in relationships, and contribute to numerous health problems. Restful sleep is essential for good health and its importance should not be underestimated.



**ELIMINATING BAD HABITS:** From a health perspective, some of these may include quitting smoking, limiting alcohol or caffeine intake, watching less TV, not brushing or flossing our teeth regularly, or being ornery towards others. In reality, a list of bad health habits may be longer for some than others. Commit to eliminating three of your worst health habits and see how much better this makes you feel.

For additional information on how you can improve your health and wellness, visit our website at [www.nhwc.ca](http://www.nhwc.ca). From all of us at the New Hamburg Wellness Centre, good luck and Season's 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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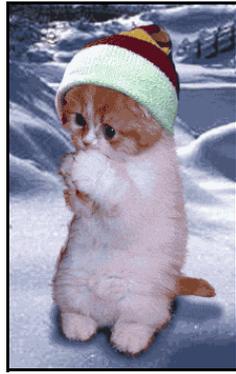
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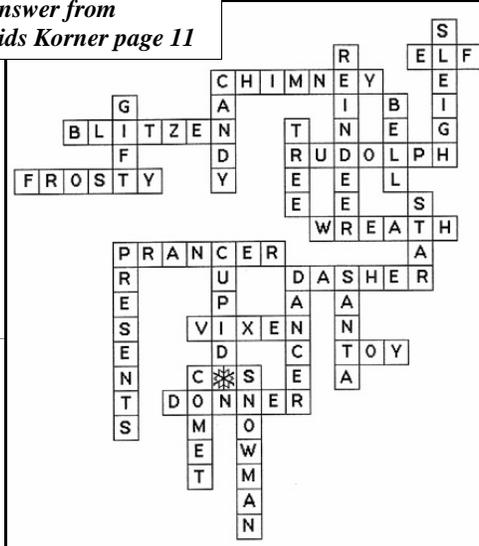
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Answer from Kids Korner page 11



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# Chocolate !!



*Any way we can get it...we will!*

- \* If you get melted chocolate all over your hands, you're eating it too slowly.
- \* Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want!
- \* If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all of your chocolate, it may be a sign of a deeper problem.
- \* Problem: How to get 2 pounds of chocolate home from the store in hot car.  
Solution: Eat it in the parking lot.
- \* Two phrases ~ Money talks. Chocolate sings.



Q: Why is there no such organization as Chocoholics Anonymous?  
A: Because no one wants to quit.

Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.

### Diet Tips:

- > Eat a chocolate bar before each meal. It'll take the edge off your appetite and you'll eat less.
- > A nice box of chocolates provides your total daily intake of calories in one place—very convenient.
- > Equal amounts of dark chocolate and white chocolate is a balanced diet.
- > The preservatives in chocolate make you look younger.

### *And remember this motto to live by:*

*Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, wine in the other, totally worn out and screaming 'WOOO HOOOOO what a ride!'*

*Friends are the marshmallows in the hot chocolate of life.*



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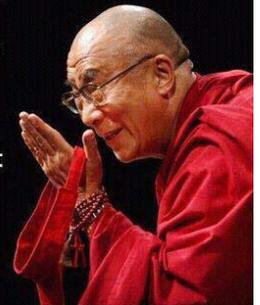
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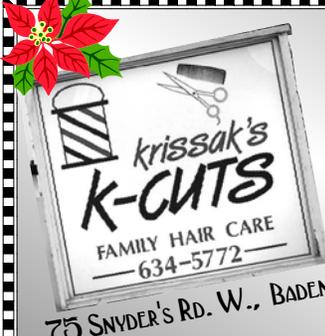
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# the Health & Wellness Page

Heather McKague-Bandl, ROHP, RNCP  
Registered Nutritionist Consultant Practitioner



## 5 TIPS FOR MAKING IT THROUGH THE HOLIDAYS

The holidays can be a daunting time when you are trying to lose weight or just maintain your existing body weight. Below are some strategies to help you enjoy the holidays without feeling guilty about your food choices.

**1. Grocery Shopping:** During this time of year the grocery store is packed with all kinds of tasty treats and goodies that come around only once a year. Candy Cane Ice Cream, Egg Nog, and Yule Logs may be calling your name from across the aisle, but be strong, resist temptation, and move along. Try to keep to your regular grocery shopping items, and shop mostly around the perimeter of the store to load up on nutrient dense fruits, vegetables, quality proteins and whole grains.

**2. Parties:** Socializing is a wonderful thing that we humans have down to a science. The social aspect of the holiday season fills us with good memories and good times with co-workers, friends and family. Making healthy choices such as Boneless Skinless Chicken Breast or Salmon Steak and avoiding the chicken wings, fries, and ribs will save you from a ton of calories and saturated fat. Better yet, look for vegetarian options that will provide the fill factor without taxing your digestive system, and when the crudités are passed, gobble them up. Raw vegetables can be eaten in abundance without much risk of weight gain.

**3. Sweet Offerings:** The Holidays just aren't complete without a few sweet treats. The key word here is "few." Over-indulging in sweets will wreak havoc on your immune system and your fat cells. Keep the sugar intake low and choose the healthier offerings such as Oatmeal Raisin Cookies, Gingerbread, Angel Food Cake (sorry, no whipped cream but go for the fruit), Biscotti, Baked Crisps, and raw desserts. These choices will help keep your blood sugar in balance yet allow you to satisfy your sweet tooth. Portion control is important; just one may be enough to satisfy the nerve centre in your brain, so go slow, don't load up a plate of desserts and feel like you have to eat them all. Share with your friends in the true spirit of giving.

**4. Alcohol:** Socializing often involves some alcohol and if you choose to imbibe, imbibe responsibly. No one likes the morning-after feeling they experience after a night with too much alcohol. Too much alcohol is toxic to the body and the body will respond by quickly trying to rid itself of that toxin—hence vomiting. A good strategy to employ when out socializing is to drink a glass of water between each alcoholic drink. This helps to dilute the alcohol and flush it out of your system before it can accumulate and become toxic. Trust me, you will feel much better in the morning.

**5. New Year's Eve:** This is a special night and whether you choose to have a quiet evening at home or attend a social event, it is important to remember the strategies outlined above. New Year's Eve, however, brings a unique challenge; it is an evening when you plan to stay up/out later and food is usually being served very late into the evening. I have only one caution: eating late at night can contribute to weight gain. If you eat and go to bed within two to three hours of consuming that food, the food will be stored in your fat cells. Even if it isn't high fat food, the fat cell will be the recipient of that food. The only food that you can safely eat late at night is fruit, because it is pre-digested and won't contribute to weight gain.

Remembering these five strategies through the holiday season will help you to make healthier choices. I have also included a Festive Popcorn Recipe that you may wish to try out with your family and friends.

*Happy Holidays and all the best for 2012.*

### Festive Popcorn

4 cups air-popped organic  
popping corn  
2 Tbsp coconut butter  
1 ½ tsp vanilla extract  
2 to 3 Tbsp honey  
1 Tbsp molasses  
1 Tbsp cinnamon

*In a saucepan over low heat stir together the coconut butter, vanilla, honey and molasses until completely melted. Add cinnamon. Pour over popcorn, tossing to cover kernels. Serve.*

**Disclaimer:** Individual articles are based upon the opinions of this author, who retains copyright. This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Heather McKague-Bandl, ROHP, RNCP. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



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