

Merry Christmas from
The Baden Outlook



Crowds gathered at the curb to see Santa and the parade ~ Check out more photos on pages 20-21, courtesy of Teresa Brown.

"It's Beginning to Look a Lot Like Christmas..."



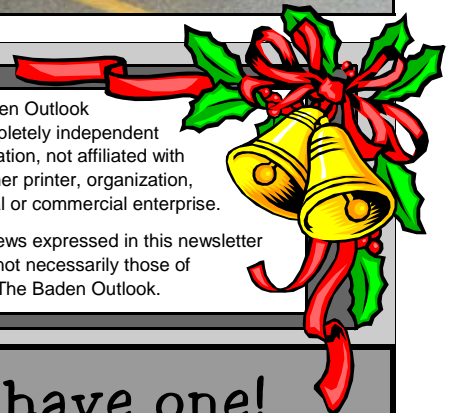
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This paper is priceless - Please have one!

Talking with Ed

Random Act of Kindness...Beer and a Haircut? 'Tis the Season!



Pat and I recently took a vacation to Riviera Nayarit, which is located just north of Puerto Vallarta, Mexico. We stayed at the Riu Jalisco, which is a nice resort but a little too big and grandiose for our liking. We decided to be adventurous and wander off the resort and took a 10 minute cab ride north to the village of Bucerias, a small beach community with old world charm, nestled at the foot of the Sierra Madre Mountains.

The cab driver dropped us off at the entrance to a large flea market, where we were immediately bombarded by vendors. "Come and see my special wares, Amigo... you are my special friend, Hey lady it's happy hour, It's almost free, I have special deal for you," were the alluring lines that were thrown at us. As we continued to walk down the uneven cobblestone street with sleeping dogs lying at the corners, many mobile vendors were enticing us to buy their wares. One entrepreneur asked \$40 for a "magical" copper bracelet. We continued to walk and by the time we made it to the next corner he followed us with his final price of \$10, which left me with a feeling of apprehension of the true value of products. Whew, this kind of shopping is exhausting! We did buy some things and got some good deals...I think?!

As we took a breather from our market torment, a Caucasian stranger wandered up to us and teased in a joking manner. As it was evident he was familiar there, Pat asked where there was a public washroom nearby and he said, "Oh no...don't use the facilities here with the filth and disease. You are welcome to my place and use a safe clean bathroom?" Pat said, "No thanks," and put up great resistance but he continued to encourage us to come to his place right behind the market, behind the gated compound. Ok... I know what you are thinking, but let's get things straight here. This is not a great neighbourhood, and we are being asked by a senior with a painful looking limp, carrying a plastic cup with a drink, to come into his place to use his washroom – so we agreed and continued to follow him. Pat was obviously dubious of the decision but she followed along as the old guy continued to chat away about his nice place. Throughout the walk to the apartment he quoted several kind words of wisdom that were passed down from his mother that reflected what kind of man he was. We began to trust him within minutes.

He unlocked a tall gate separating us from the market, that led down a short but fairly bright alley to a typical Mexican brick single floor apartment unit. Once inside the quaintly decorated flat, he directed Pat to the washroom, then proceeded to the full sized refrigerator and retrieved two cans of beer for us. We asked what was in his cup and he said, "juice, I'm not well." He hollered out for his wife "Buns" saying he had company and she



quickly appeared with her grey wild ponytail and tanned face with a welcoming sunny look. We were made comfortable in just minutes.

They told us they rent this villa for four months each year and are very comfortable with their location and the locals. As we exchanged our stories, we found out that Karen (Buns) was a judge in Lansing, Michigan. She began as a social worker in children protective services, became a lawyer and then a judge. She spoke of many of the cases that she tried and some of the threats and experiences that came with the job. After hearing from her, our other host Doug told us then about his career. "For 40 years I made men look good and made women blossom," Doug stated with his mischievous grin. We racked our brains trying to determine what his career was and after much contemplation, he proudly told us that he was a hairdresser. Pat was quick to point out my shaggy sweaty head under my ball cap, reminding me of the Christmas party we had on the day we arrived home.



Doug jumped at the chance to cut my hair. We shuffled into a back room, complete with barber pole and sat with my beer while he snipped and chatted away. I offered to pay him but he shrugged it off and said it made his day! He told us that in his retired years he gave over 200 free haircuts a year – it made him happy. He also shared how ill he is and that his last ten

years have been a medical nightmare. He has a heart defibrillator in his chest and had been resuscitated seven times but was brought back each time with the paddles; he has Lymphatic cancer and endured two grueling six-month treatments of Chemo. The cancer has settled into his spleen but he just lives day-to-day with it and is not afraid to die in Mexico. He praised Buns as his reason for living and said he loved her more than anything. He was so upbeat though I couldn't imagine a person living through his medical issues. Oh yes, and he was missing his right kneecap.

What started as an apprehensive adventure turned out to be a wonderful visit with a delightful couple and where we had a rest, washroom break, beer and a haircut to boot. They listened to our fears upon entering their home and as seniors do, they offered quick bits of wisdom and enlightened words. Doug's closing remark was, "Remember, if you are not doing what you want to do every day, you are already half dead." It might have been the highlight of our trip; it would have been sad to have not met Doug and Karen. We left with warm hugs and memories and they sent us down the beach to their favourite lunch spot as we made the one-hour trek home by foot along the coast of Banderas Bay.

Until next month, Merry Christmas ... Ed

Greetings from Outlook Headquarters

Well, here we are at the end of the year, putting the Christmas touches into everything we do. It's so much fun dressing up the paper with each passing month and exploring the many fun things that reflect the season. It's been a busy time here since the November issue, as we are not only publishing a December issue but also creating our 2013 Outlook Events Calendar — not to mention we did a spontaneous trip to Mexico (we couldn't resist the amazing travel deals offered this fall). Oh yes, now we scramble!



We rented a plane from Waterloo-Wellington Flight Centre and did a fly-over Wilmot Township zooming in on aerial photographs of Baden for our calendar. In the past, our calendars featured archival pictures that were given to us over the years and we were happy to share them through the previous calendars. But as we find the remaining ones of poor quality we thought aerial photos of Baden would be a nice option. Barry has a fear of heights (as you learned in the October issue), so he was not about to get into the 1976 relic that took us up that day, but he eagerly sent up our son Mike, his girlfriend Liz, and me, with our cameras to take pictures. We flew with the window open so as to not have the glare of the glass mar the quality, and wow was that cold and windy!! Barry did enjoy the event, with a beverage with his sister and kids, by watching from the adjoining viewing restaurant.



Waterloo-Wellington Flight Centre pilot Lindsay, with flight crew Mike Fisher, Liz Hamilton and Pat Fisher taking pictures.

The calendar will be mailed to everyone in Baden (unless you have a junk-mail block) as a Christmas gift from us to you. For those out of town or wanting extra copies, it is available to buy for \$3 at Baden Eyecare Centre in the Baden Square Plaza through the Christmas season and following weeks into January. I hope you enjoy it; it's filled with local events, important contact information, aerial photographs, and is sponsored by the generosity of exclusively Baden businesses. We thank them for helping us give this gift to you.

Until 2013 and the January issue, enjoy the holiday season—have fun with family and friends, travel safely and stay healthy!

~ Merry Christmas from Pat & Barry

EXTRA EXTRA!!!

You'll find the Baden Outlook around the 15th of each month, while quantities last. It is available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Livewell Clinic, Wilmot Rec. Centre, Tim Hortons, Baden Library, EJ's, Seasons Grande and several outdoor magazine boxes located conveniently throughout town for Baden readers.

You will also find it at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg) and Foxboro. Over 30 places in New Hamburg —including: 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.



~ And as always, It's Priceless ...

Please Have One!



Baden Firefighters Association



Annual Fundraising Dance

Saturday January 26, 2013

8:00 pm - 1:00 am

**St. Agatha Community Center
Cash Bar, Cold Buffet, DJ**

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Tickets also available at the door.

Proof of Age required.

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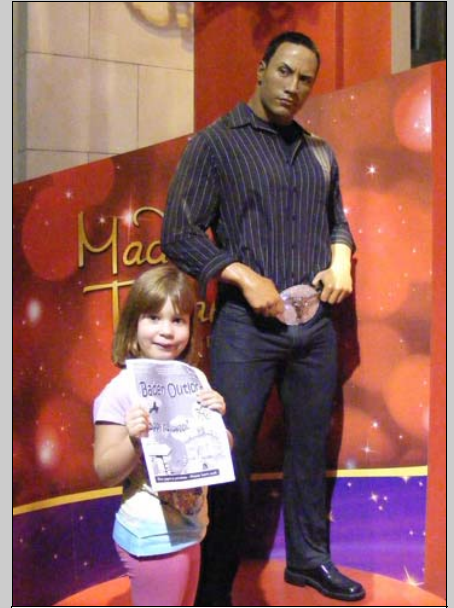
Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Keith and Lynn Thompson of Morningside had a terrific two week vacation with their Baden Outlook in Hawaii, staying on Oahu and Kauai islands in October.



Darrin and Judy Gueguen celebrated their 25th wedding anniversary with the Baden Outlook at Honokalani Black Sand Beach located in the Wainapanapa State Park in Maui Hawaii. The black sand is actually small, smooth lava pebbles.



Tania, George and Sophie Lawrence, along with her parents, Ingrid and Werner Stallmach of Brampton, took their Baden Outlook to Las Vegas. Sophie shows 'The Rock' her Outlook in front of Madame Tussaud's Wax Museum.

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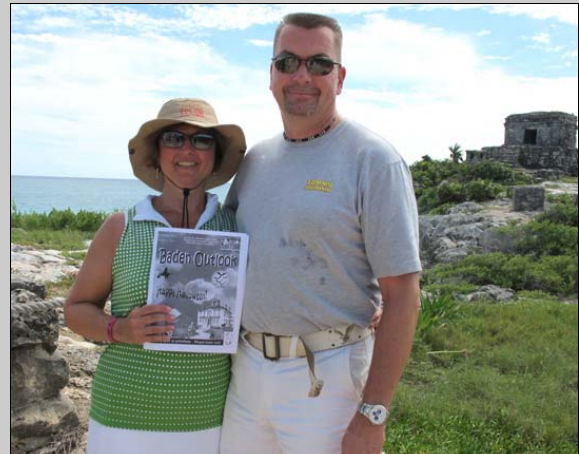
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Charlie and Judy Szvitek from Baden took their Outlook to the Tulum Ruins, Mayan Riveria, Mexico

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...to Hawaii, Las Vegas, Mexico, and tour to Missouri



Sisters Barb and Kelly, from Saskatchewan met up with the Baden Outlook in Puerto Vallarta, Mexico



The Baden Outlook travelled with the Bradly Walters Tours to Branson, Missouri. Carolyn Mills, Roy and Donna Robinson and Marion Cook pose in front of their tour bus.

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New Clients Welcome!



Sherly Crabbe took her Baden Outlook along on a recent mission trip to Africa.

Merry Christmas
from our family to yours

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Baden ~ Our Town

There was a large crowd this year for the annual Baden Santa Claus Parade, organized jointly by the Baden Chamber of Commerce, Baden Community Association, and Wilmot Optimist Club. Much to the delight of the citizens who lined the streets there were over fifty entries in this year's parade.

The Baden Community Association started popping kettle corn early in the morning, bagging and labeling 360 bags to hand out at the parade. The group had to stop due to time constraints, but surely could have handed out more of the yummy



popped goodness as members walked along with the parade down Snyder's Road. The fun continued as the children met Santa at his workshop on Beck Street and received a Christmas ornament made personally by the hands of the BCA and friends. Check out the BCA Facebook page for photos of the parade taken by Baden resident Teresa Brown.

Next spring you'll surely not miss the nine planter boxes north of the main intersection on Livingston Blvd, as the BCA recently planted close to 1,000 tulip and crocus bulbs which will add some colour and life to a sometimes dreary spring. The bulbs were donated by the generous folks from Zehrs Beechwood at Erb Street in Waterloo.

The BCA will also be hosting a Family Day event at the Wilmot Recreation Centre to coincide with the free swim and skate provided by the Township of Wilmot. Come upstairs for some drinks, snacks and other surprises.

The next BCA meeting will be held on January 23, 2013 at 7:00 in the basement of the township hall. If you would like to get involved with your community in a relaxed non-demanding way, plus have an opportunity to meet new people, then please feel free to attend our meetings.

For more information call Barry at 519-634-8916 or E-mail badengroup@hotmail.ca.

Merry Christmas to all from your fellow Badenites!!



BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

DID YOU KNOW?

- Looking for a different holiday gift idea? – how about a nice pair of designer sunglasses (regular or prescription are possible!)
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SANTA CLAUS PARADE FLOAT WINNERS

Great turnout for the parade with some wonderful entries. Listed below are the winners this year.



- 1st overall - The Traces Steel Band
- 2nd overall - Nith Valley Snowsurfers
- 3rd overall - Steinmann Mennonite Church
- 1st Family entry - Horsin' Around Gang
- 1st Children's entry - Boy Scouts
- 1st Commercial - West Hills Mennonite Fellowship

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By now, many Wilmot residents have active bird feeder programmes. You have probably noticed more winter finches (Redpolls and Pine siskins) mixed in with the local and visiting Goldfinches. Dark-eyed Juncos and American Tree Sparrows have arrived and tend to feed on platforms, as well as the ground where they clean up fallen seed. Following Dave's advice of an earlier column, you may have been on the lookout for Sharp-shinned hawks and Cooper's Hawks which make their "living" hunting small birds.

But have you noticed the woodpeckers? Are you feeding them as well? Many types of woodpeckers will feed on sunflower seeds and shelled peanuts, but one of their favourite foods is suet. Many commercial suet cakes are available and come in conveniently sized packages for suet holders. Be sure to freeze the cake before trying to load it into the holder. Unfortunately, many of these cakes come in exotic flavours that mainly appeal to people: orange-apple-pomegranate may be better in a salad. Local butchers often have raw (unprocessed) beef fat that the woodpeckers love.

We used to see mainly **Downy Woodpeckers** at the feeders. These birds measure 6.75 inches, slightly larger than sparrows, and have a stubby bill and black spots along the outer tail feathers. The male has a red stripe across the back of his head. Generally, they get along quite well with other birds such as chickadees and nuthatches because they spend a lot of time with them in their natural habitat. **Hairy Woodpeckers** (9.25 inches) are often confused with the Downys as they have the same general look, but watch for a larger (Cardinal-sized) bird with a bill that is twice as long as the Downey's. They also lack the black spots on the outer tail feathers. Once again, males have a red stripe across the back of their head.

Lately, we have been finding more **Red-bellied Woodpeckers** (9.75 inches) in the area. This may be due to changing weather conditions, or it may be just part of the natural fluctuations in populations that have been noticed over the years. It does seem, however, that we are finding the breeding range to be moving north in Ontario. The red bellied is a rather spectacular bird: black and white barred back, a reddish tinge on the breast, and a bright red hood on the back of the female's neck. The male has the bright red extend across the top of the head to the bill. Although it is smaller than a Blue Jay, its appearance makes it look larger. Watch for these woodpeckers at your feeders – suet and peanuts are their favourites.

Larger yet at about 12.5 inches, the **Northern Flicker** (9.25 inches) will probably not visit your feeder. It does, however, like the open areas with large trees which are often found in settled areas. You will probably hear its *wik-wik-wik-wik* call before you see it. Although there is no white marking on the wings, a white rump patch is very conspicuous when it flies. Also look for a small red stripe on the back of the head as well as a black "whisker" patch. Females lack these markings.



Recently, there have been reports of **Red-headed Woodpeckers** (9.25 inches) in the area. A sighting would be very rare and welcome, as they have been decimated by habitat loss and competition with Starlings. With Starling numbers seeming to decrease, perhaps Red-headed Woodpeckers have a chance. Look for them in mature hardwoods along the roadsides of the edges of woodlots. Of course, you will know them by their bright red head, neck and throat. The rest of the bird is black except for a white rump and white inner wing patches – very striking.

Finally, the **Pileated Woodpecker** (16.5 inches) also lives in our neighbourhood. Rarely seen at feeders, your best bet to view this almost crow-sized bird is to take a walk in a mature woodlot. Both the male and female have a red crested cap, but the female's cap is smaller.

Six species of wintering woodpeckers may be in your backyard. Not all will visit the feeders, but all may be visible to avid watchers. Please report any sightings of Red-Headed Woodpeckers to the Baden Outlook. We will not report your location so you will have no fear of hordes of birders in your backyard.

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You Must Be Joking!!



More puns for those with a slightly higher IQ?

- ◆ Those who jump off a bridge in Paris are in Seine.
- ◆ A man's home is his castle, in a manor of speaking.
- ◆ Dijonvu - the same mustard as before.
- ◆ Practise safe eating - always use condiments.
- ◆ Shotgun wedding - A case of wife or death.
- ◆ A man needs a mistress just to break the monogamy.
- ◆ A hangover is the wrath of grapes.
- ◆ Dancing cheek-to-cheek is really a form of floor play.
- ◆ Does the name Pavlov ring a bell?
- ◆ Reading while sunbathing makes you well red.
- ◆ When two egotists meet, it's an I for an I.
- ◆ A bicycle can't stand on its own because it is two tired.
- ◆ What's the definition of a will? (It's a dead give away.)
- ◆ Time flies like an arrow. Fruit flies like a banana.
- ◆ In democracy your vote counts. In feudalism your count votes.
- ◆ A chicken crossing the road is poultry in motion.
- ◆ If you don't pay your exorcist, you get repossessed.
- ◆ With her marriage, she got a new name and a dress.
- ◆ The man who fell into an upholstery machine is fully recovered.
- ◆ You feel stuck with your debt if you can't budge it.
- ◆ Local Area Network in Australia - the LAN down under.
- ◆ Every calendar's days are numbered.
- ◆ A lot of money is tainted - Taint yours and taint mine.
- ◆ A boiled egg in the morning is hard to beat.
- ◆ He had a photographic memory that was never developed.
- ◆ A midget fortune-teller who escapes from prison is a small medium at large.
- ◆ Once you've seen one shopping centre, you've seen a mall.
- ◆ Bakers trade bread recipes on a knead-to-know basis.
- ◆ Acupuncture is a jab well done.
- ◆ Santa's helpers are subordinate clauses.

Submitted by Robert Price

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QUEEN'S DIAMOND JUBILEE MEDAL AWARD WINNERS

In a ceremony commencing at Core Lifestyle and Recreation Complex, the following citizens were awarded Queen's Diamond Jubilee Medals by Harold Albrecht, Member of Parliament for Kitchener-Conestoga.

- Robert Berg
- Robert Bontaine
- James Chmiel
- Doug Ferguson
- Ingeborg Ford
- Claude Gelbard
- Kieran Kelly
- Edwin Lemont
- Margaret MacDonald
- Nabeel Rana
- Nancy Silcox
- Wayne Simpson
- Graham Walsh,
- David Westfall



Our Fine Badenites are:



Margaret MacDonald ~ A proven leader in the nursing profession with a focus on advocating for her patients' greatest needs. Her development of support systems for local seniors carries on this vision. In her 'spare time' she spearheads local environmental campaigns.



Doug Ferguson - Has been a dedicated fire fighter for the Baden Volunteer Fire Department for 40 years.

Robert Bontaine ~ Involved in Archery for 69 years, Canadian & Ontario Champion & founder of many programs (local, national and Olympic). Bo has been a player, coach, umpire and on the executive of Baden Softball since the early 50s.



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F.R.O.G



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F.R.O.G. begins again on
Tuesday, January 15th.

Baden Public School

-fun group games and spontaneous
play in the gym

Everyone is welcome!

More info contact Susan -
badenspace@gmail.com or 226-808-4353

HO! HO! HO!



- What does Kris Kringle like to get when he goes to the donut shop?
—*A jolly roll!*
- What do you call someone who doesn't believe in Father Christmas?
—*A rebel without a Claus!*
- What goes oh, oh, oh?
—*Santa Claus walking backwards!*
- Where does Father Christmas go to vote?
—*The North Poll!*
- An honest politician, a kind lawyer and Santa Claus were walking down the street and saw a \$20 bill. Which one picked it up?
—*Santa! The other two don't exist!*
- What does Santa say to the toys on Christmas Eve?
—*Okay everyone, sack time!*

Let's Welcome ~

HOMETOWN VIDEO

55 Snyder's Rd. W.

Presenting...

**THIS WEEKS
TOP 10 RENTALS**

1. Men In Black 3
2. Expendables 2
3. Lawless
4. ParaNorman
5. The Watch
6. Brave
7. The Campaign
8. Arthur Christmas
9. Step Up Revolution
10. The Amazing Spiderman



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Please see the following website for more
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Giving is what we do at Christmas time, but forgiving is the best gift of all! Let go of anger ~ most often it's you that hurts the most when you stay mad!

Christmas Fun Facts

Rumour has it that while out Christmas shopping, you will be elbowed at least 3 times - Yikes! Hopefully we can share a few smiles instead along the way!

In parts of France, roasted goose & oysters are part of the Christmas dinner. Before turkey, the traditional Christmas meal in England was a pig's head and hooray for the Canadian turkey!!



While children in North America hang stockings, Dutch tradition is that you set out shoes to receive gifts.

If you counted all the gifts that were given in the song "Twelve Days of Christmas" you would receive 364 gifts in total. Wow who could be so lucky!?

The tradition of putting tangerines in stockings comes from 12th-century French nuns who left socks full of fruit, nuts and tangerines at the houses of the poor. Most children today are so lucky to receive what's on their wish list.

Christmas carols began as an old English custom called wassailing, toasting neighbours to a long life.

The word Noel derives from the French expression "les bonnes nouvelles" or "the good news". Too often the good news and true reason why we celebrate Christmas is forgotten .



Boxing Day gets its name from all the money collected in church alms-boxes for the poor. How has it evolved into a big shopping frenzy?

"Santa Claus" from Around the World

Name	Country
Afghanistan	Baba Chaghloo*
Armenia	Gaghant Baba *
Brazil	Papai Noel*
Bulgaria	Dyado Koleda*
Chile	Viejo Pascuero ("Old Man Christmas")
China	Dun Che Lao Ren ("Christmas Old Man")
Denmark	Julemanden*
Egypt	Papa Noël*
France	Pere Noel*
Finland	Joulupukki*
Germany	Weihnachtsmann ("Christmas Man" or "Nikolaus")
Hawaii	Kanakaloka
Hungary	Mikulas (St. Nicholas)
Iran	Baba Noel*
Ireland	Daidí na Nollaig*
Italy	Babbo Natale *
Japan	Hoteiosho (a god or priest who bears gifts)
Norway	Julenissen ("Christmas gnome")
Poland	Swiety Mikolaj (St. Nicholas)
Serbia	Deda Mraz
South Africa	Vader Kersfees*
Turkey	Noel Baba*

What Christmas craft is fun to do, keep you busy while decorating your tree, and then end up feeding the birds?

... Make a stringed popcorn and cranberry garland!!

Easy, now call a friend!

Start with fresh cranberries, stale pop corn (not buttered), and a spool of waxed dental floss (or thread, or fishing line). String about 3 feet of floss on a darning needle and make a big knot on one end. Slide a cranberry on to the end, followed by a few pieces of popcorn, another cranberry and continue leaving a few inches on the end of string to be able to knot it together with the next string. It is easier to work with smaller strands and tie them together.

Be careful to handle it as gently and as little as possible to avoid breaking popcorn! Oh, and enjoy the broken bits!

After Christmas, take the garland out to decorate any shrubs or trees around your house and watch the birds dine on the garland you made! Have fun!!



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Progress in the Park at Ball Diamond One!



The township has replaced all the fencing in diamond one (except for the back stop fence) and has installed new covered dug-outs this fall, in preparation for a new season come spring.

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We're looking for items to help bring Anatevka to life, and we need your help!

As we prepare our new vision for *Fiddler on the Roof*, we've identified some special items that we'll require. If you have these or similar items and would be willing to donate them to TCP, we would love to hear from you.

Please email a photo of the items you have if possible, or send us an email description.

- **Doors and Windows:** interior / exterior with detailing and unusual features. We would prefer pieces that don't appear new or too contemporary. Window frames do not need to have glass.
- **Wooden Chairs:** Typical dining-room or kitchen variety, in good shape and relatively sturdy. We're looking for varied styles and details.
- **Wooden Tables:** Small wooden Kitchen Tables: Four legs, square or rectangular. Different styles and details are welcome.
- **Lanterns:** Any shape, simple or ornate and detailed. Any size from 18 inches up.
- **Chest of Drawers:** Aged, unique details, min 4' height, Multiple drawers
- **Suitcases:** Any shape or size, the more "travelled looking," the better. Nothing too modern.

A Good Laugh for People in the Over 50 Group!

When I bought my Blackberry, I thought about the 30-year business I ran with 1800 employees, all without a cell phone that plays music, takes videos, pictures and communicates with Facebook and Twitter. I signed up under duress for Twitter and Facebook, so my seven kids, their spouses, 13 grand kids and 2 great grand kids could communicate with me in the modern way. I figured I could handle something as simple as Twitter with only 140 characters of space.

That was before one of my grandkids hooked me up for Tweeter, Tweetree, Twhirl, Twitterfon, Tweetie and Twitterific Tweetdeck, Twitpix and something that sends every message to my cell phone and every other program within the texting world.

My phone was beeping every three minutes with the details of everything except the bowel movements of the

entire next generation. I am not ready to live like this. I keep my cell phone in the garage in my golf bag.

The kids bought me a GPS for my last birthday because they say I get lost every now and then going over to the grocery store or library. I keep that in a box under my tool bench with the Blue tooth [it's red] phone I am supposed to use when I drive. I wore it once and was standing in line at Barnes and Noble talking to my wife and everyone in the nearest 50 yards was glaring at me. I had to take my hearing aid out to use it, and I got a little loud.

I mean the GPS looked pretty smart on my dash board, but the lady inside that gadget was the most annoying, rudest person I had run into in a long time. Every 10 minutes, she would sarcastically say, "Re-calc-u-lating." You would think that she could be nicer. It was like she could barely tolerate me. She would let go with a deep sigh and then tell me to make a U-turn at the next light. Then if I made a right turn instead... Well, it was not a good relationship.

When I get really lost now, I call my wife and tell her the name of the cross streets and while she is starting to develop the same tone as Gypsy, the GPS lady, at least she loves me.

To be perfectly frank, I am still trying to learn how to use the cordless phones in our house. We have had them for 4 years, but I still haven't figured out how I can lose three phones all at once and have to run around digging under chair cushions and checking bathrooms and the dirty laundry baskets when the phone rings.

The world is just getting too complex for me. They even mess me up every time I go to the grocery store. You would think they could settle on something themselves but this sudden "Paper or Plastic?" every time I check out just knocks me for a loop. I bought some of those cloth reusable bags to avoid looking confused, but I never remember to take them in with me.

Now I toss it back to them. When they ask me, "Paper or Plastic?" I just say, "Doesn't matter to me. I am bi-sacksual." Then it's their turn to stare at me with a blank look. I was recently asked if I tweet. I answered, No, but I do toot a lot."

P.S. I know some of you are not over 50 but we senior citizens don't need any more gadgets. The TV remote and the garage door remote are about all we can handle. We are managing just fine!

Email sent by the Seniors Email Circle... See—they are with it!



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*Happy Holidays from
Matt, Jackie & the Staff at EJ's!*


*Customer Appreciation ~ December 17th—31st
\$20 Gift Certificate for \$10 !*

Some restrictions may apply~ Limited Supply



Funky Factoid *Courtesy of Janet & Greta*

According to the National Safety Council, drinking coffee does not sober up a drunk person, and in many cases it may actually increase the adverse effects of alcohol. Coffee isn't the quicker-perk-me-upper that people think it is because the caffeine is just one more dose of toxic trouble for your liver. Your best bet to sober up is H2O on the rocks. So, when your chum offers you a cup a java after your evening with vino, just say, "Nay, Bob!"



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Beck Street Centennial Hall Demolition

Photos by Teresa Brown



The end of an era ~ Our community hall 1967-2012



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Mennonite Savings and Credit Union continues to be among Top 50 Best Small and Medium Employers in Canada

Mennonite Savings and Credit Union (MSCU) is thrilled to be named among the Top 50 Best Small and Medium Employers in Canada for the fourth consecutive year, coming in at number 21. The full list is published on www.profitguide.com and will be featured in the March 2013 issue of Profit Magazine.

“For MSCU, the BSME survey is about hearing the collective voice of our staff,” shared Brent Zorgdrager, chief executive officer. “So this year we asked Jen Ostic, an MSCU staff member, to share why she thinks we are on the Top 50 BSME list.”

“For me, it really comes down to values and how they permeate both our people and our business practices. I feel like I’m a part of

something bigger here. I’m more than a number and I love that we can focus on serving our members first and foremost. This year I’ve felt even more like my voice matters. Leadership has looked for input across all levels of the organization, and so I know I’m heard, and have the opportunity to make a contribution and a difference. That’s so important to me!”

Becoming a Top 50 Best Small and Medium Employer is an involved process that involves ongoing commitment. The study is open to organizations that have operated in Canada for at least three years and have between 50 and 399 Canadian-based permanent employees. The survey measures employee engagement, which is the key driver for lower turnover, less absenteeism, greater employee productivity and higher customer satisfaction.

Rebecca Smith, manager of learning and organizational development, reflected on Jen’s perspective, “Being a community is core to who we are and how we operate. We know we’re better together than any one individual alone, so we’ve been actively seeking out the ideas and opinions of staff and members. It makes for clearer understanding, better solutions, and ultimately greater member impact.”

Queen’s Centre for Business Venturing, the Queen’s University School for Business and Aon Hewitt conducted the study. Together with the Best Employers in Canada study (organizations with over 400 employees), a total of 210 organizations participated in the 2013 study.

About Mennonite Savings and Credit Union

Mennonite Savings and Credit Union (MSCU) is a Mennonite financial cooperative serving communities of faith across Ontario. We provide every day banking services to almost 18,000 members with the “barn-raising” mutual aid traditions of the Waterloo County Mennonite community. From our modest beginnings in 1964, we have grown in size to over \$800 Million in assets under administration and rank seventh among credit unions in Ontario. MSCU has eight full-service branches and five sub-locations offering a complete range of banking, investment and loan products.

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'Tis The Season for a Visit to the Thrift Centre

When you look around this December how can you tell that Christmas is near? What are the sights that bring it all home to you, the things that remind you what season it is and put you into the 'Christmas Mood'?

Take candles for example. A simple candle can represent Christmas in so many ways. First and foremost, its burning flame can represent the light of Christ: God's gift to us, which truly is the greatest gift of all. A lit candle can also provide heat, and isn't cuddling up by the cozy warmth of a fire one of the most comfortable ways there is of enjoying a cold winter? And one of the nicest things there is about a candle, besides the quiet peace of its soothing glow, is the fact that you can put it in a candleholder and give it a whole other life.



Speaking of candle holders, you really should drop by the New Hamburg Thrift Center and see our wide variety of candle holders and other Christmas items, perfect to add to the ambiance of your homes this Christmas season! When it comes to candleholders we've got 'em big or small, sparkly (but never dull), glass or plastic, in a tree or a basket (wire – so it won't start a fire!). We have candleholders with: Santa Claus, reindeers, stars, nativity scenes, snowmen, and of course Christmas trees! And once you've found the perfect candleholder you can also check out our huge stock of outdoor-indoor lights, Christmas trees, Nativity scenes, cups and mugs, Christmas linens and tablecloths, rugs, knick-knacks, Christmas books, music and **gift certificates**-the perfect gift for everyone.

Take advantage of our 25% and 50% off Sale Days and after December 27 get ready for next year by stuffing a bag with all Christmas items for just \$2! For more information about sales and events visit our web-site <http://www.newhamburgthrift.com>

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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.*



Author: Oren Arnold



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Musings By Mona ~ WILL THE REAL CULPRIT BEHIND TIME MANAGEMENT ISSUES PLEASE STAND UP?

Have you ever looked at a successful person – someone who just seems to be able to get so much done in a day – and wonder how they do it?

I have a friend (we'll call her Jennifer) and I'm always amazed at her list of accomplishments. Even now, as we approach the busy holiday season, she's got everything under control. Her house is ready for the annual family gathering, she has a freezer full of prepared meals and baked goods, and she's already finished her holiday shopping. On top of this, she runs her own boutique advertising agency.

"The more I do, the more I seem to get done," she answered recently when I asked her how she's able to handle everything so well.

She's an inspiration and I'm in awe of her ability to manage every aspect of her life. I also hate her.

"Why can't I be more like her?" is a question I ask myself often, especially when I look at my own list of pending tasks.

Career, house, kids, deadlines – Jennifer and I practically have parallel lives and yet she's on top of hers while I struggle with my dungenous to-do list. ("Dungenous" is not an actual word but clearly it should be.)

A few weeks ago I decided to do something about this and signed up for a Time Management Seminar.

"What's the first thing that comes to your mind when you think of deadlines?" asked the presenter.

"SOLITAIRE!" I blurted out. It was at this precise moment that I realized that my time management issues are not driven by a long list of tasks, but by a nasty habit to procrastinate. As well, the laughter that followed my outburst told me that I'm not alone. My spontaneous confession had resonated with everyone else in the room.

To say that I'm not alone in my pursuit to combat procrastination is an understatement. There are a multitude of books written on the subject, including the seminar presenter's recommendation: *The War of Art* by Steven Pressfield.

Determined to be a little more like Jennifer in my pursuit to "get things done", I picked up a copy of *The War of Art* on my way home from the seminar.

I was struck by the following statement from the book:

"Most of us have two lives. The life we live, and the un-lived life within us. Between the two stands Resistance."

Reading that sentence was an "ah-HA!" moment for me. Suddenly it all made sense. The reason I sit down at the computer with all intent to get some work done only to find myself immersed in a game of Solitaire is because of RESISTANCE.

It's also the reason behind my sudden need to water the plants, fluff the cushions and straighten the chairs around the kitchen table whenever I decide to tackle a task from my to-do list.

Resistance.

And according to Pressfield: "RESISTANCE CAN BE BEATEN".

So whether you call it "procrastination" or "resistance", they are the same blade of the self-sabotaging sword. The key to combating this inner beast is to recognize it, look it straight in the eyes, and then run directly as fast as you can towards the task she's trying to divert you from.

But don't think it will be easy. Defeating resistance is something you and I will need to face every day of our lives.

Unless, of course, you're like my friend Jennifer.



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Baden Branch Library News

Dear Santa,

All I want for Christmas are fun things to do at the library!!



Are there any seasonal materials I can borrow?

Santa says: *Yes! There are seasonal books, magazines, DVDs and CDs! Order in a copy of your favourite Christmas movie!*

Will there be the annual magazine sale in December? Santa says: *Definitely! Previously enjoyed magazines are only 25 cents each or five for \$1!*

Is there anything for my sweet tooth? Santa says: *Ho! Ho! Ho! There is a Holiday Candy Guess contest AND many good recipe books to check out. Try some new Christmas cookie recipes and I will test them for you!*

What else is there that I might not know about? Santa says: *Did you know there are... ebooks, Playaways, Book Club in a Bag sets for kids or adults, and Read With Me Kits for young children and their families?*

What are the Holiday Hours for the Baden Branch Library?

Dec. 25 - 26: Closed

Dec. 27: 2 - 8 p.m.

Dec. 28: Closed

Dec. 29: 10 - 1 p.m.

Dec. 30, 31 & Jan. 1: Closed

January 2: We resume regular library hours

Do you know what is happening at the library in January?

Santa says: *Check out all of the fun things to do at the library in the new year!*

Come Read With Me! An evening family storytime recommended for parents/caregivers and children three to seven years old. Read, play games, and learn about literacy in fun ways! Drop in! It's free! On Wednesdays, from Jan. 9 to Feb. 27 from 6:45 to 7:30 p.m.

Storytime Programs! Storytime for 2 ½ to five year olds, Toddler Tales and Just For You Baby Storytime, all begin the week of Jan. 8, 2013. Contact the library to register your child.

Book Clubs! New members always welcome! The Baden Book Worms is a book club for kids ages seven to nine. The Awesome Book Club is for kids ages 10 to 12. Both clubs meet on Tuesday evening a month. Fun activities, great stories and more!

There is always something new at the library!

Due to space limitations, advance registration is required for ALL Baden Branch Library programs. Contact us at 519-634-8933 or by email at badenlib@regionofwaterloo.ca for more information. Current information is also available in our Events Calendar on our website at rwlibrary.ca.

Happy Holidays from Chris, Carolyn, Leanne, Rose, Mary and Aaron!!

Chris Baechler, Assistant Supervisor —Baden Branch

To Lighten the Dark Days of Winter

Expressive Art Journaling



Join artist, Cheryl Weber Good, to explore spontaneous creative expression with various art materials and tools. Whether you have dabbled in art before or not, Cheryl's enthusiastic way of helping you find (or run with) your own style and what works for you is intended to support your discovery. The atmosphere is of letting go of judgement, discovering the beauty of "mistakes", and following "happy accidents".

Wednesday evenings beginning January 16 & March 19
6 weeks = \$120.00 plus \$20.00 supply fee

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Contact cheryl@writehand.ca 519 634 5503



Kristen Hahn

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Ask Armand ~



Gary from Baden asks: *I drive by the tower on the Baden Hill every day. As I am new in town is there any history or information about this significant Baden landmark?*

Armand says: *You bet - I do have some history on the tower. The Baden Hill is 400 metres (1,300 feet) tall and in early 1954 CKCO TV built a 700 foot tower. Their first broadcast from the tower began on March 1, 1954. Originally, like all private television stations in Canada from 1953 to 1959, CKCO was an affiliate of the CBC. It changed its affiliation to CTV in 1964. It still broadcasts, on channel 13, from the Baden tower. The tower stayed intact until the year 2000 when it was replaced by a new 292 metre tower.*

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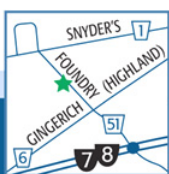
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There will be no worship on Sunday December 30th

Baden



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Beyond the Obligations

By A.S. Compton

We all agree it's a fun season. Christmas and the holidays are a time we look forward to all year. But let's be honest; we have all experienced being swept away in the consumerism and pressures that surround this time of year. Obligations and expectations, whether for half a dozen parties and family dinners packed into a few days or the pressure of finding that perfect gift, get in the way. And secretly, some of us end up loathing the holidays. Let's back up, and for a moment, strip the 25th of obligations, price tags, and defining your worth as a parent, spouse or friend by your gifts.

This is about generosity. Giving unconditionally.

The child in a stable neither wanted the latest iPad, nor offered the Kinect or a fancy coffee maker. The gifts given to him were to bring honour, not fulfill an expectation. And his gift to the world was nothing tangible; he became a servant. Next to him, the Kindle and golf clubs might lose their shine.

I read a story in Francis Chan's book *Crazy Love*. A family with 3 young children decided they wanted to put this idea of unconditional giving into practice. Their Christmas morning tradition isn't opening presents; they make a huge pile of pancakes, and fill a giant thermos with coffee. Then the whole family loads up their little wagon and wanders down some streets in their city, giving a warm breakfast and hot coffee to the homeless. What better way to celebrate the season of giving?

*What are some new ways to celebrate this holiday?
How can we freshen up the old traditions?*

Buy a goat or chickens instead of, or along with, your regular gift-giving. Most international aid organizations (such as World Vision, Mennonite Central Committee, etc.) have

catalogues through which you can select and pay for a specific aid or support relief work in impoverished areas around the world. You can purchase chickens or goats for a family, seeds or animals for a farm, blankets and clothing for children, or basic equipment for small businesses. Browse a catalogue as a family; children will love the idea of giving other children pet goats.

Go on a family vacation instead of exchanging gifts.

Maybe a ski resort, or some place warm, or maybe to a little B & B not very far away where you can just relax together and catch up after a busy month.

Volunteer together. The Food Bank can always use extra hands this time of year, as does the Operation Christmas Child warehouse. There are an incredible amount of non-profit events happening this season.

Go see the lights in Victoria Park or Waterloo Park. Displays are completely family friendly, and even adults can enjoy the magic of lights and winter snow.

Try different foods. To be honest, I am sick of turkey dinner, and I think in my house it's time for a change. Pick a country and make a few dishes (just start Googling, you will find something). Invite a friend of another ethnicity over and ask him or her to give you a few recipes or ideas for a unique and special dinner. Or try a meat or main dish that is new to you (moose, duck, wild boar, go vegetarian for a meal...), and create the meal around it. Consider making your Christmas meal within the 100 mile diet; there are incredible and unique resources in our own backyards.

Try something new and find ways to make Christmas special again. The greatest gift has already been given; let's celebrate that unconditional generosity.



All God's Creatures ~ Great and Small



Try to stick with vegetables through the holidays... Load up with carrot cake, zucchini bread and pumpkin pie!

Santa is Caught Sleeping on the Job



*Just maybe, someday our world will be as peaceful as this.
Merry Christmas to all ... And to all ... A good night.*

Firefighters Training Day as Herner's Goes Down *By Teresa Brown*



Herner Wood Products: if you've lived in Baden for a while, you'll certainly remember this once-bustling lumberyard. And if you're new in town, perhaps you noticed the item in last month's Outlook, outlining the history of the house-building and lumberyard business built by Harley Herner.

For decades, Herner's was a friendly and convenient place to pick up a hammer or a few feet of lumber, but after its closure in 2008 the property was sold. The old buildings were scheduled for demolition -- but not before Herner's could offer one last service to its community, by becoming a valuable training ground for Wilmot Township firefighters.

Wilmot's firefighters train frequently in a wide variety of skills: medical emergencies, automobile accidents, and (of course) fires are all situations our firefighters learn to deal with. But while derelict cars and practice dummies are easy to find, training in a real house is a rare occurrence.



That's where Herner's came in. Back in the spring, the Ulmer Group (purchaser of the property) generously offered the Wilmot Fire Department the use of the buildings. It was an offer that was enthusiastically accepted, because the buildings could offer the firefighters unique, quality training that can only be done in actual structures.

District Chief Ron Taves explains why real buildings are so vital. "There are specially-designed 'burn buildings' for firefighter training, but they're just cement block boxes. A real

house has drywall, or plaster and lath --it has insulation, wires, such challenges that firefighters will encounter in real life."

And Wilmot's firefighters have certainly made good use of these challenges. The first training day at the Herner buildings was in April. "Ambulance Day" is a training event where Wilmot Firefighters team up with Conestoga College EMS (paramedic) students to learn the invaluable skills needed in their jobs.

Ambulance Day at Herner's allowed the crews to experience incredibly realistic scenarios. One involved a car that had "driven into" one of the old buildings; its position presented special challenges to the responders, as they learned to identify potential hazards and work around debris and in very close corners.

"Working together is also an added benefit to having these buildings," says Chief Taves, who together with District Chief Russ Strickler of New Hamburg and District Chief Brad Otterbein of New Dundee brought firefighters from all three stations together to train at the property throughout the summer.

"There are often incidents where the three stations respond together, and it's important to develop effective working relationships," he explains. "And finding a structure for training right in one of our towns keeps all crews close to home for responding to real incidents."

One of the most vital exercises is firefighter self-rescue. "Self-rescue" refers to the skills and techniques firefighters use to get themselves out of trouble within a structure; as Chief Taves points out, "firefighters spend a lot of time training to rescue others, but not nearly enough time learning how to save themselves."

There are many hazards inside a burning building, like entangling wires, collapsed floors, and obstructed doors. One skill is "breaching a wall," where the firefighter actually breaks through drywall or plaster when there's no other way out; another is learning to exit an upper floor through a window and descending a ladder head-first, when there are only seconds to do it.

It's only in a real house where these techniques can be learned and practised realistically and safely, where conditions may be carefully controlled and planned so that the best training can happen.

"It's a much better hands-on exercise," says Chief Taves. "And we deeply appreciate the generosity of the Ulmer Group, particularly Michael Ulmer and Wade Halliday, who both worked to make the property available."

The District Chiefs would also like to thank another group: the neighbouring homeowners who live nearby the Herner property. "They put up with the fire trucks, the noise, and sometimes the smoke from our training, and we very much appreciate their patience and understanding."

The Herner buildings are gone now, demolished to make way for new homes. But for such an important part of Baden's history, it's good to know that an era can end in such a meaningful way: by giving back to the community one last time.

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Stonecroft Charity Golf Tournament and Silent Auction thanks the many corporate and individual sponsors for your contributions!

We would like to express our sincere thanks for your generous support of the annual Stonecroft Community Golf Tournament and Silent Auction. This event was a huge success. We raised \$8000.00 to support the Food Bank at the Willmot Family Resource Centre.

Without the commitment and generosity of our corporate and individual sponsors, this event would not be possible.



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"Get It Together"

...with Donna & Rhonda

Are you like Rhonda and do your Christmas shopping all year round? Or like me? I tend to enjoy the bustle of the season and often blitz my shopping with a big "one day" get away!! I don't go out to the mall though and wander aimlessly. I have a detailed list before I go!



I look through catalogues and flyers to come up with good ideas. I ask friends and relatives what they are buying for people on their lists. It is amazing how many great ideas you can come up with that way!

Along with making a shopping list there is another thing that is important to do before you head out shopping. Be sure you set yourself a budget and then stick to it! There is nothing worse than feeling the effects of over spending when the credit card bills come in January.

A great family tradition to start is to decide on a family "giving project" each year. Perhaps it will play out as a cash donation to a charity, or buying gifts for a family in your church or community. Maybe it is a choice to volunteer for "hands on" acts of service somewhere. More and more individuals are deciding that they already have enough "stuff" and are choosing instead to donate the money that would be spent on gift buying to any of the worthwhile organizations that provide unique shopping experiences. Plan Canada is a favourite of our family. Through them your cash donations turn into practical things like goats, mango trees, birthing kits and educational supplies for people in need.

As Professional Organizers, it is always our suggestion to give gifts that don't take up space and make life better for the people you care about. Here are some ideas to consider:

- * dance, golf, swimming lessons or gym memberships
- * car wash, gas or oil change gift cards
- * gift certificate to a hair or nail salon
- * snow removal, lawn care or house-keeping services
- * gift cards to local family restaurants or a meal delivery service
- * computer tune-up or handy-man services
- * tickets to the theatre, movies or a concert
- * babysitting or pet-sitting services

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We welcome you to hear the Christmas word.

Another Cool Move

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

LONGEST NIGHT SERVICE: If the thought of a joyful Christmas weighs heavily on your heart, the churches of Wilmot Township invite you to an ecumenical Service of healing and wholeness to be held on Wednesday, December 19th at 7:30 - 8:30 pm in the Sanctuary at Zion United Church, 215 Peel St., New Hamburg. There are many reasons why this season might feel alienating, sad or dark. In this quiet, meditative evening service, we will together acknowledge the darkness and share the light of hope in Christ.



*The name of this service comes from the fact that the night of December 21st in our hemisphere contains the most amount of darkness in the calendar year.

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Cancelled for the fourth Friday in December.

First Games night for 2013 - January 11.

Stonecroft Family Christmas Tree: Making Sure Children Enjoy Christmas

Decorating the Stonecroft Recreation Christmas Tree took a new twist this year. Responding to the annual Wilmot Family Resource Centre request for gifts for children, the Stonecroft Social Committee decorated the tree

with cut out gingerbread dolls with the age of a child on each doll. Residents were invited to take a doll and then buy a Christmas gift for that child. On December 7th, over 50 gifts were gathered up by the Social Committee for presentation to the Family Resource Centre with the hope that somewhere in Wilmot a lot of children would enjoy a happier Christmas.



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Interfaith Family Day Fun Fest

The Interfaith Community Counselling Centre has provided services for Township residents for over 30 years, regardless of ability to pay. As of October 31, 2012, the Centre has already provided twice the hours for elementary school programs for which we received funding. We have also exceeded the funded hours allotted to Waterloo Oxford programs. It appears that we will have a shortfall of \$10 000 in individual and corporate donations by the end of December, 2012. All indications point to increased needs next year.

Our major fundraisers in 2013 are the Silent Auction (Saturday, April 27th), and Ladies Night Out on Thursday, June 6th at Steinmann's Church. This year's Annual General Meeting (March 27th at Trinity) has been scaled back from a dinner meeting to an information night.

In place of a full-scale Annual Meeting, Interfaith is planning a Family Fun Fest on Monday, February 18th, from 12 noon to 4 pm at the New Hamburg Community Centre & Arena. There will be activities for the whole family – bouncy structures, obstacle courses, face painting, entertainers, demonstrations by community organizations, a used book sale, prizes and food. All proceeds will go to providing services for Township children and youth. Cost is \$5 per person or \$20.00 per family.

We will happily accept volunteers to assist with any of these initiatives. High school students can receive credit for volunteer hours.

We invite families to enjoy an active day together on February 18th while supporting the young people of Wilmot Township.

**Volunteers are
welcome!**

For further information is call at 519-662-3092 X121,
or interfaith.marketing@gmail.com



The Tree of Light Gives Back to the Community



The winner of the tree donated by Meadow Acres for the New Hamburg Lioness Tree of Light Campaign is Kristy Campbell and her family seen with Frosty, a new visitor to the great evening. The group have almost reached \$10000. which will be given back to the community.

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The Woes of a Senior Shopper

Submitted by R. Price

There was a bit of confusion at the hardware store this morning.

When I was ready to pay for my purchases of gun powder and bullets, the cashier said, "Strip down, facing me."

Making a mental note to complain to Harper about the gun registry people running amok, I did just as she had instructed.

When the hysterical shrieking and alarms finally subsided, I found out that she was referring to my credit card.

I have been asked to shop elsewhere in the future.

They need to make their instructions to us seniors a little clearer!



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So Bravely We Go

by Mark Wilhelm

My illustration "So Bravely We Go" depicts a group of bomber boys leaving England to bomb Germany during WWII. My grandfather was one of the upper middle gunners on the Avro Lancaster Bomber probably the MkII. I created this piece as a birthday gift for my Father, who lives in New Hamburg. He wanted to have an image that would depict the plane that his Dad flew on.

The original plan was to have one of the planes be my Grandfather's, but we couldn't dig up the insignia that would have been on his plane. So I just decided to create a dramatic piece that showed the planes as they left for war.

After six months, I was well on my way to completing this project when my computer was wiped out by a virus. Luckily I had saved an earlier version on a USB key, so one year later the project was completed. As I dove into illustrating this image, I discovered many new things about the life of a Lancaster crewmember. And primarily it was lived hand in hand with terror. Everything about what they did was frightening from flying over seas in the cover of darkness with no lights, and the fear of mid air collisions taking out many of the planes, to the fact that only one in ten planes ever returned home. Over 700 Lancasters were created but now there are only two still able to fly – one of them is in Hamilton.

My father told me about a difference between the American and the British crews. British crews flew a new plane every time so that they didn't get as superstitious as their American counterparts who customized and attached themselves with their planes. Some planes would get dubbed "bad luck" or "cursed" and entire crews would refuse to set foot in them; you'd never see that on British airfield. You can see the hazard of this especially since resources



were spread fairly thin. And a perfectly good plane left behind on the field just didn't make sense. This was all just a fabrication in the heads of the American flight crew.

I've given exclusive rights to reproduce the above image to the Canadian Heritage Warplane Museum – Home of one of the last flying Lancasters. They will have 100% of the revenue from the art work staying with the museum. They agreed and I am currently in the process of transferring the work to them. You can see the illustration on the website at markwilhelm.ca. The illustration is titled "So Bravely We Go". And next year you will be able to purchase prints at the museum. I figured that the Lancaster kept my grandfather alive, so it's only fitting that my illustration help keep the Lancaster alive.

About Mark Wilhelm



Mark Wilhelm is a traditional artist turned graphic designer, serving the Kitchener Waterloo area and living in Baden. He is a published illustrator, who has been working in graphic design since 2000. He spends a fair amount of time now addressing accessibility issues on websites so they meet with the AODA (Accessibility for Ontarians with Disabilities Act).

Mark has worked with clients like McNeil, makers of Tylenol and Motrin, The Children's Museum of Guelph, The Official Toad Patrol Animated Series, and Necco Candy, inventors of the sweet heart candy, to name a few.

Currently he is employed full time, but he makes time in the evenings and on weekends for freelance projects.

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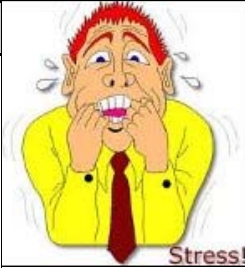
TIPS FOR MANAGING STRESS

We are all bombarded with stressful events and situations everyday. Unfortunately, many of us are not so good at dealing with stress, and whether we realize it or not, stress can be impacting our health in a negative way.

Researchers estimate that stress contributes to as many as 80% of all major illnesses, including cardiovascular disease, cancer, skin disorders, metabolic disease, and infectious ailments of all kinds. Symptoms of stress may include but are not limited to: fatigue, dizziness, chronic headaches, irritability, depression, low self-esteem, changes in appetite, weight gain, digestive problems, breathing difficulties, chronic pain, insomnia, muscular weakness or tightness, and recurrent colds or infections.

Being able to effectively manage stress can have a significantly positive impact on overall health. Below are some useful tips that can help individuals manage their stress levels.

- 1. Identify a common or persistent stressor.** Once this is done, one must then move to confront and resolve this stressor whenever possible. This is not always easy but is much more productive than letting ongoing stress affect your health indefinitely. There are certain stresses and situations that we simply cannot do anything about, so don't fret about things beyond your control.
- 2. Exercise is one of the most powerful tools in helping one deal with stress.** Not only does it make you physically stronger, it also has the benefits of releasing excess tension, building self-esteem, boosting immune function, and stimulating the body's natural pain killing chemicals called endorphins.
- 3. Fuel your body with a nutritionally balanced diet that is rich in fruits and vegetables, and low in trans-fat.** This will serve to tone down your body's negative response to stress. Significant and positive changes can also be made to your eating habits by cutting down serving sizes, eliminating unhealthy snacking, and minimizing foods that can be detrimental to your health.
- 4. Eliminate bad habits.** Engaging in bad habits such as excessive alcoholic consumption, drug use, and smoking, only serve to amplify stress symptoms, regardless of how comforting some individuals might find these behaviors in



By Dr. John A. Papa, DC, FCCP(OR)(C)

times of stress.



- 5. Getting enough sleep is crucial in letting your body recharge, refresh, 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 keeps your body strong and is essential for helping cope with stressful situations.
- 6. Find a good network of friends you can trust and rely on.** Talking to others in times of stress can be very comforting and therapeutic.


For additional information on diet, exercise, managing stress, and improving your health, visit www.nhwc.ca. From all of us at the New Hamburg Wellness Centre, 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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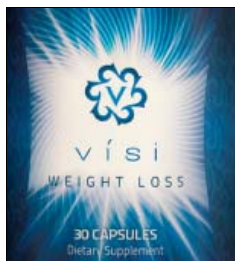
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Eat Well ~

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



Happy Holidays!

This is usually not the time of year when one is seeking nutritional advice. Usually, I find people trying to avoid me or hide the treats they may be sharing with their co-workers for fear of my questioning glance. Fear not, I say, for I bring you glad tidings. You can have your cake, and eat it too! As long as it's gluten-free, dairy-free, peanut-free, and egg-free so as not to invoke food sensitivities with those you love.

Eating healthy over the holidays is simpler than you may think. First you need to ditch the old paradigm of eating Candy Cane Ice Cream and Shortbread cookies. I know they taste fabulous, and melt in your mouth with tastes you only get to enjoy once a year. However, if your goal is to survive the holidays without gaining a pound, then it's time to pass on those festive treats and look at some healthy alternatives.

I would like to share with you two wonderful recipes that meet the above guidelines. They are quick and easy to prepare and will allow you to share in the holidays without feeling guilty about eating dessert. After all, isn't that the best part of the meal?

Raw Chocolate Hazelnut Brownies:

1 cup raw hazelnuts
½ cup raw almonds
1 cup pitted dates
½ cup raw almond butter
5 Tbsp organic cocoa powder
3 Tbsp raw shredded organic coconut

1. Place hazelnuts & almonds into food processor fitted with an "S" blade and process until finely ground.
2. Add the pitted dates, raw almond butter, and cocoa powder and process until completely mixed.
3. Press firmly into an 8X8 inch square pan and sprinkle with coconut OR roll into balls and roll in coconut.
4. Place in refrigerator until ready to serve. Will keep up to a week.

Apple Cranberry Crisp:

4 Granny Smith Apples, cored and thinly sliced (keep skin on)
1 cup fresh or frozen cranberries
¼ cup whole cane sugar
2 Tbsp fresh lemon juice
2 Tbsp almond flour
2 tsp cinnamon
¼ tsp nutmeg

Topping:

1 cup large flake oatmeal
½ cup almond flour
¼ cup whole cane sugar
¼ cup softened coconut oil
½ cup chopped almonds
1 tsp cinnamon
¼ tsp ground cardamom

1. Preheat oven to 375° F.
Place thinly sliced apples, cranberries, sugar, lemon juice, almond flour, cinnamon, and nutmeg into medium sized mixing bowl. Gently toss until combined. Set aside.
2. For topping, place all topping ingredients into a medium sized bowl and mix well, until crumbly.
3. Place apple mixture into 9X9 inch pan.
4. Sprinkle with topping.
5. Bake in pre-heated oven for 25 to 30 minutes.

For more holiday recipe ideas, look on my website www.HeatherMB.ca under the "Recipes" icon.

Thank you for a great year and Happy 2013.

Eat Healthy and Be Healthy.

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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Merry Christmas!

Friends,

I hope you have a very Merry Christmas and a tremendous new year.

Enjoy your time with family and friends, and share the joy of the season.

Please take some time to remember the less fortunate in our society, and ask how you can be part of the solution. The act of giving selflessly is the true Christmas Spirit.

Blessings,



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