

Baden Outlook



"Keeping the Community Connected"
With 2650 copies in circulation.

February 2009

Volume 10, Issue 7

Special points of interest:

- Kids Fun Korner
- Olympic Crossword Puzzle
- Do You Have Cabin Fever?
- Get it Together with Donna and Rhonda!
- Yummy, warm your bones, Indian Mulligatawny Soup
- Are you an Optimist?

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Inside this issue:

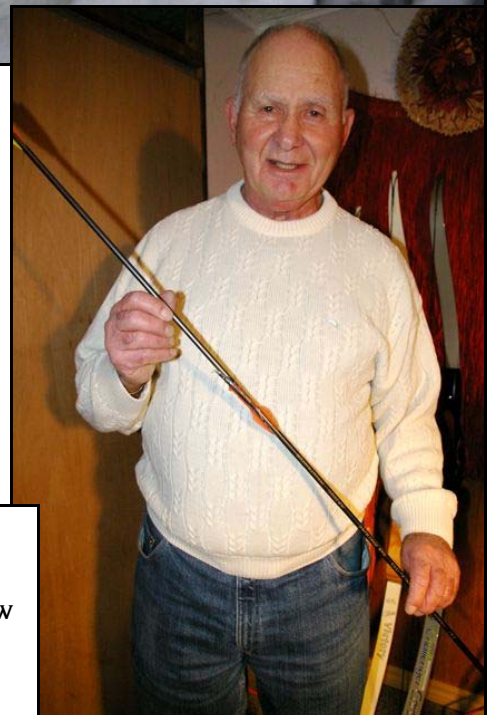
Talking with Ed... Best Before, What..?	2
Meet the Ferber Family and Morningstar Family Ministries	4
Postural Tips for Avoiding Muscle & Joint Pain	6
What's New In Gardening In 2010 - By Verda Cook	9
Outlook Hockey Stats Who's in the lead?	12
Heartfelt thank you for Haiti Relief Support!	25
Changing the Oil in Your Body's Engine	27

FEATURING BADEN'S TOP-NOTCH SPORTSMEN



Meet Dave Kvapil, who helped build the track for the 1988 Olympics in Calgary. *Story on page 11.*

Bob Bontaine is proud to show one of his many "Robin Hoods", "the term for splitting the shaft of one arrow by shooting another directly through it," *Story on page 17*



This paper is priceless... Please have one!

Talking With Ed

Best Before - What?



A customer approached me at work with this question: "Do you have any idea of the shelf life of packaged spices"? I had no idea. She then told me she had phoned the 1-800 number on the side of the jar and the customer service spice representative told her they have a three year shelf life, which surprised me.

I went home and told Pat this story and we began snooping in the back corners of our cupboards hoping we wouldn't find a bottle of Kist Ginger Ale or a can of Leaver mushrooms (*just kidding, both are no longer produced*).

Government regulations require companies to put a "best before" date on their product if its shelf life is ninety days or less. But it's the products with shelf lives over that time that concern me. Many companies *do* put an expiry date on their products, others put a production code date where employees, who understand these codes, can check the shelf life. *Loblaws* use the Julian Code on some of their products: a four-digit code where three numbers represent the day of the year (example: 031 is January 31) and a single letter represents the year (this year is the letter "K"). So, if the code is "059K" the product is "best before" February 28, 2010.

You can buy and eat food after its "best before" date has passed. However, the food may lose some of its freshness and flavour, or its texture may have changed. Some of its nutritional value may also be lost. Yet, sometimes it can make you ill - so, how do you know for sure?

Best before dates are a great way to ensure a consumer is eating a fresh product, but that all changes once the product is opened. Two examples of this are: dry pasta - two years' freshness unopened and one year opened, and baking soda - six months unopened and three months opened. (Yikes, aren't we all in trouble with baking soda?)

Although many out-dated products will not hurt you, there are some that we should be extra careful with. Some examples are obvious: dairy, egg and meat products, followed by dressings and oils, which can become rancid with age. Vegetable oils have a shelf life of six months unopened or shorter if opened. Some healthy unrefined oils are considered raw products and should remain in the refrigerator for maximum shelf life. Any egg product items like prepared egg or macaroni salad, should never be stored in the freezer. It is most interesting and I could go on, but I challenge you to do some homework, or at least be aware of what is in your kitchen. As someone once said..."You are what you eat".

I recommend you mark food products as soon as they are opened with the date written on a strip of masking tape, so you are able to monitor how long it has been in the refrigerator or pantry. Time passes quickly and you'll be surprised. Be sure to take the test below. Match the food item to the suggested best-before dates to see if you are storage savvy! (answers on page 22) Until next month...Ed.

For a complete list of food related storage guidelines, visit www.storeitfoods.com/shelf-life

Foods - Refrigerated		(draw a line to match the suggested time frame)	Pantry Items	
1. Eggs, fresh in shell	A. 2 months	1. Canned goods	A. Indefinitely	
2. Eggs, hard cooked	B. 1-3 months	2. Cereal grains	B. 1 year	
3. Mayonnaise, opened	C. 1-2 days	3. Dry beans	C. 8 months	
4. Poultry, raw	D. 3-5 weeks	4. Flour	D. 6 months opened	
5. Red meats, raw	E. 7-10 days	5. Baking powder	E. 2 years	
6. Fish, seafood, raw	F. 3-4 days	6. Baking soda	F. 6 months unopened	
7. Cooked meats, leftovers	G. 1-2 days	7. Pasta / Rice	G. 12 months	
8. Fruit juice in carton, opened	H. 1 week	8. Sugar	H. 3 months opened	
9. Butter	I. 3-5 days	9. Vegetable Oils	I. 1 month	
10. Margarine	J. 4-5 months	10. Egg noodles	J. 18 months	

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Submissions are due on the 1st of each month.



Wow! More exciting destinations as *The Baden Outlook* continues to travel - From Austria to the sunny south, Thanks for sharing your holidays with us!!



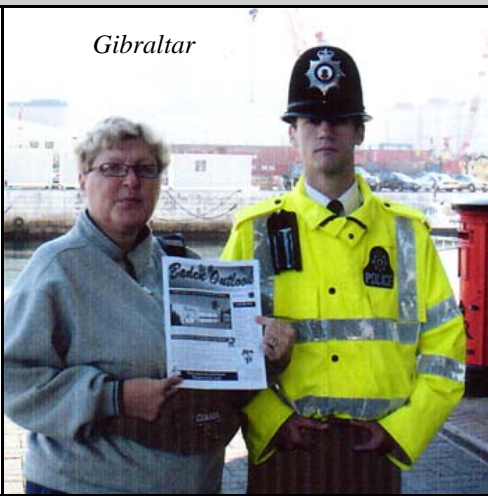
Sam and Mary Lou Gingerich went to Austria to visit their son Ben. Sam and Ben are standing by the Zeller Sea in Zell Am See, Austria where Ben is playing professional hockey.



Dan, Andrea, Sarah, Tim and Aaron Geiger (Erhardt Wagner Place, Baden) took their Christmas Vacation in Florida. They had someone passing by take their picture with the Outlook at the Castle in Magic Kingdom!

Joan Krueger of NH sent her Outlook along with her daughter Diane and son-in-law Peter on their 23 day TransAtlantic, three Continent Cruise. Along the many stops The Outlook made its appearance in Casablanca, Barcelona, Dominica, Barbados, and Gibraltar.

Gibraltar



Casablanca



Rob and Tammy Seguin took the children to Cayo Coco, Cuba, the week before Christmas. Aiden and Olivia Seguin are on the beach, holding The Baden Outlook. It was the children's first trip, and one of the highlights was posing with the Outlook!!

Morningstar Family Ministries of Canada

Many of our readers will remember the TV sitcom *Eight is Enough* with a family of eight children living under the same roof. The Ferber's of St. Agatha could have their own show - *Sixteen is Enough*. Although it might seem a nightmare to most families, the Ferber's, Otto and Carmen – truly enjoy raising such a big family; they are an energetic, amazing pair.

The couple with three biological children, felt a desire to become foster parents. When they applied they intended to take one youngster. However, the agency asked them to take on one more child, just for a short while. Ferbers were not really interested in short-term placements, but did so to help the agency. There were other short-term placements, but in most cases, each time a new child entered their house a relationship grew and, of course, they fell in love. In 2003, the last two children, now part of their family, were dropped off at their door by a mother who could no longer look after them.

Otto had been a teacher for twenty years at Waterloo Region elementary schools and nineteen years at Laurentian Hills Christian School. His wife, Carmen, whose first profession was as a Registered Nurse, went back to school to receive her Doctorate of Ministry. In 1997, they started a family counselling service, *Morningstar Family Ministries of Canada* out of an office in Petersburg, with the mission to make a difference to families and the community. All aspects of the Morningstar ministry are faith based.

In 2004 Morningstar's focus switched to residential care for children. The demand for this type of service was so



large that in 2007 they also opened *Morningstar Foster Home Agency*. Today, *Morningstar* operates many branches. They have purchased two churches in the area. The first one was the Wellesley Missionary Church in Wellesley which is being used as an academy for children with behavioural issues. There is one staff member for every two children with a maximum of eight children. The second one was the Apostolic Church at the corner of Waterloo Street and Hincks Street. It opened in September. This school is for children with academic and social needs that are not being met in the traditional school setting.

Morningstar operates two treatment homes for children. The goals of the treatment homes are to develop treatment plans that meet the individual needs of each child and to help the children become productive, members of society. Many of these children, through no fault of their own, lack family nurturing and end up in foster care. The *Morningstar* ministry also has their own group home in St. Agatha and several other foster homes in the area. They offer training and support for foster parents.

I met with most of the Ferber's children at the St. Agatha home and found them courteous and well behaved. A tour of the house pointed to the challenges of a family of that size. The dining room table is massive. There is one stove with two range tops, two washers, two dryers and two main floor washrooms to accommodate the large family. Their garage has been closed in and split in half to create a mudroom which houses two huge freezers and a laundry room. The upstairs has five bedrooms and the rec room downstairs was converted into three more bedrooms. Family outings are taken in their extra

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long van and trips to Disneyland in Florida and to a Morningstar Family Camp at Miller Lake are a fun adventure for all.

Of the 16 children, ten are boys (with all the first names beginning with "J") and six are girls. Eight of the kids are teenagers with many between 15 and 18 years old. Several of the children have moved out and are embarking on careers or furthering their education. The Ferber's also have four grandchildren.

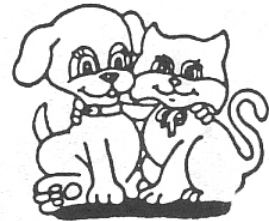
One mission of Morningstar and the Ferber's is to create work skills and good work ethics for the children so when they leave the homes they will be able to live productive lives. Morningstar together with another charity took on an ambitious fundraising project: to build twenty-two semi-detached homes in New Hamburg in the Astor Crescent, Conestoga Road and Forest Avenue area. The construction of these homes was part of the Morningstar Work Project for some of its youth and all were sold. They have recently built a green house on Erb's Road in St. Agatha and are starting a new vocational program for the youth.

I asked the Ferber's how they were personally holding up considering their long-time commitment and dedication to these children. Carmen's response was "Morningstar is just getting started and we are currently in contact with orphanages from Haiti and Ghana to bring children to Canada, place them with volunteer host families and provide them with an education. They will return to their countries equipped to lead successful lives and bless their countries with their skills. If you think that some children from Canada don't have a chance of living a normal life - think of children from these countries who have no hope at all."

It is amazing to find such a dedicated couple. These two put the welfare of children ahead of their own. They take pride in knowing they will have a future and are good citizens for a healthier society. They both believe they were called by God to play this role.

If you would consider becoming a foster parent or would like more information about *Morningstar* and their endeavours, check out their website at www.morningstarfm.com

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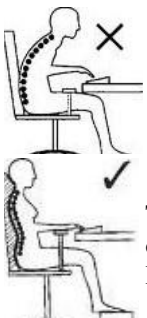
STOP2SHOP

Good posture can be defined as the body's ability to maintain an efficient, strong, and balanced position while interacting and adapting to our physical environment. Good postural habits can help decrease abnormal and excessive stress on biological structures such as muscles, joints and nerves, thereby minimizing the chance of injury. Chronic poor posture can lead to symptoms such as muscle and joint stiffness, nerve pain, headaches, neck pain, upper back and low back pain.

Some people feel the effects of poor posture immediately. While for others, the effects of poor posture are offset by the body's ability to compensate. However, this compensation is not necessarily good. Compensation leads to secondary muscle recruitment and unbalanced movement patterns and joint mechanics that are usually less ideal and not as efficient. Even in the absence of pain, these compensatory changes may begin a vicious cycle of unbalanced motion – causing muscle and joint stress – causing more unbalanced motion – and frequently secondary areas of discomfort and pain. The compensatory changes in muscle and joints resulting from poor postural habits can cause real physical change and breakdown in the body.

It is important to identify some of the common everyday activities that can lead to poor postural habits and the things that can be done to minimize the chance of injury:

- 1. Be careful with prolonged sitting positions:** People that sit for prolonged periods of time may adopt a poor posture that includes losing the natural hollow of the low back, rounding or slouching of the upper back and shoulders, and a forward head poking position. These less than ideal positions put cumulative stretch and compressive stress on biological tissues and can lead to significant pain symptoms.



There are several measures that can be taken to overcome the effects of prolonged sitting positions. Be sure to take stretch or posture breaks (minimum 10 to 30 seconds in duration), every 20 to 40

minutes, that allow you to stand, walk around and stretch out your legs and upper body. Also make sure that your weight is evenly distributed on your seat, your shoulders are not rounding forward, and you are not slouching. Your head should be resting on your torso and not poking forward. The use of a lumbar support can help maintain the natural hollow (lordosis) of your low back and preserve proper posture.

- 2. Consider ergonomics when performing activities:** Quite often, people make it more difficult to employ ideal postural positions because of poor workstation design or use of inadequate equipment and tools. Picture an individual sitting in front of a computer with the monitor off to their left and their keyboard six inches too high because their non-adjustable seat does not allow them to rise up to the level of the desk. Over time, the muscles in this person's low

back, upper back, neck, wrists and elbows will become fatigued and achy due to the lack of balance, alignment, and efficiency of their posture. The use of proper equipment, ergonomic tools and assistive devices when performing tasks can help maintain mechanically advantageous positions while working.

- 3. Avoid working in stooped positions for long periods of time:** When the natural hollow of your low back is maintained, the stresses on biological tissues in your low back are considerably lower than when your back is bent forward. This natural and neutral curve of your low back is important, as this is its strongest and most secure position.



Many activities around the home and workplace cause you to bend forward or stoop. While working in these forward bent positions, you are more likely to sustain back problems, especially in the first several hours of the day. In order to minimize risk of injury, you should interrupt the stooped position at regular intervals before pain starts. Standing upright and bending backward five or six times can be helpful. Trying to find alternative ways of completing tasks without stooping is ideal.

- 4. Engage in regular physical activity and exercise:** Regular physical exercise increases our functional capacity to withstand occupational, recreational, and everyday stresses to our body more efficiently, thereby minimizing the risk of muscle and joint injury. Exercise strengthens our muscles and joints, while inactivity and poor posture weakens them. Joint problems and stiffness usually mean that the joints are not being moved in a full, normal range of motion. Regular exercise consisting of cardiovascular, resistance, and flexibility exercises help strengthen our bodies and can help combat the negative effects of poor posture.

The way we interact with our surroundings has a profound ability to affect our physical health. Employing the strategies listed above can be helpful in minimizing the risk of developing muscle and joint stiffness, nerve pain, headaches, neck pain, upper back and low back pain related to chronic postural strain. Chiropractors are well positioned to effectively evaluate and treat the effects of common muscle and joint injuries related to poor posture. This may include symptomatic treatment, the prescription of appropriate stretching and strengthening exercises, or valuable ergonomic advice on proper sitting and work postures specifically for your circumstance. For more information visit www.nhwc.ca.



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APHORISM (ăf'ə-rīz'əm): A SHORT, POINTED SENTENCE EXPRESSING A WISE OR CLEVER OBSERVATION OR A GENERAL TRUTH

1. The nicest thing about the future is that it always starts tomorrow.
2. Money will buy a fine dog, but only kindness will make him wag his tail.
3. If you don't have a sense of humour, you probably don't have any sense.
4. Seat belts are not as confining as wheelchairs.
5. A good time to keep your mouth shut is when you're in deep water.
6. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
7. Business conventions are important because they demonstrate how many people a company can operate without.
8. Scratch a cat and you will have a permanent job.
9. No one has more driving ambition than the boy who wants to buy a car.
10. There are no new sins; the old ones just get more publicity.
11. There are worse things than getting a call for a wrong number at 4 AM. It could be a right number.
12. No one ever says "It's only a game" when their team is winning.
13. Be careful reading the fine print. There's no way you're going to like it.
14. The trouble with bucket seats is that not everybody has the same size bucket.
15. Always be yourself because the people that matter don't mind, and the ones who mind, don't matter.

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Brain Teasers

Do you want to "WOW" your teacher? Show her how smart you are using these MEGA-WORDS.

Palindrome: (a word or sentence that reads the same backward as forward) see these examples:

- ⇒ Madam, I'm Adam
- ⇒ Racecar
- ⇒ Level
- ⇒ Toot
- ⇒ Don't nod
- ⇒ Too bad I hid a boot



Spunerisms: words or phrases in which letters or syllables get swapped. This often happens accidentally in slips of the tongue (or tips of the slung)

- ⇒ Tease my ears (Ease my tears)
- ⇒ A lack of pies (A pack of lies)
- ⇒ It's roaring with pain (It's pouring with rain)
- ⇒ Wave the sails (Save the whales)

Pangrams: sentences that use every letter of the alphabet.

- The quick brown fox jumps over a lazy dog.
- Mr. Jock, TV quiz PhD, bags few lynx.

1. What do you put in a toaster?
2. Say 'silk' five times. Now spell 'silk.' What do cows drink?
3. If a red house is made from red bricks and a blue house is made from blue bricks and a pink house is made from pink bricks and a black house is made from black bricks, what is a green house made from?

1. Bread.
2. Cows drink water.
3. Greenhouses are made from glass.

Answers - don't cheat!

You'll be sure to dazzle your friends with these tongue-twisters.

- ⇒ A good cook could cook as much cookies as a good cook who could cook cookies
- If two witches were watching two watches, which witch would watch which watch? Hi Barry,

Just wanted to let you know that our group was thrilled about your offer to run the bike rodeo at our Healthy Communities Festival. It will be on Saturday morning (May 1) 9:30-11:30. Would you be able to give us a one or two sentence piece to include in our flyer? We're hoping to finalize things by Friday of this week. When I have the final copy ready (the one we will send to press), I will get one to

ONE MINUTE MYSTERIES

1. If the day before the day after tomorrow will be Friday, and the day after the day before yesterday was Wednesday, what day is today?
2. A plane crashed right on the border between Canada and United States. In which country will the unidentified survivors be buried?

1. Thursday..
2. Neither, we hope. Survivors don't get buried!



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The 'blame game' continues.

Ten or more years ago, the aging population blamed the boomer generation for changing the demographics of gardening. Now the "boomer" generation is blaming Generations 'X and Y' for another shift in gardening. I found this somewhat amusing when speaking with the boomer age tradespeople at the annual Landscape Trade Show in Toronto. The concept that the new gardeners are just "dabblers" is speculation and just as the "boomers" did not live up to the predictions (albeit they did make gardening easier), Gen "X and Y" will not necessarily shake up the gardening world. In the meantime, plant breeders and tradespeople are taking the industry in the direction they expect the gardening public will request. As a result, you will find fewer new plant introductions on the market this spring. Instead there will be an array of existing plant varieties whose qualities have been improved by the plant breeders. Because there are fewer new plants to promote, I have included some intriguing new products for your garden, in this year's New Product column.

- ANNUALS -Begonia Illumination 'Peaches 'n Cream'

An unusual yet beautiful hanging basket Begonia. Plant has large double flowers in a soft spectrum of 'peaches 'n cream' colour shades which will brighten shady locations.

Zinnia Zahara 'Starlight Rose'

This plant is disease resistant and has large 2 ½ inch (6 cm) blooms that are white with a red feather pattern on the petals near the yellow center. Mature height of 12". (30cm) with a similar spread.

Coleus Versa 'Crimson Gold'

This variety is designed for full sun or partial shade. The foliage is crimson with a gold edge. A good combination with white Impatiens.

- PERENNIALS -Astilbe 'Delft Lace'

A pretty drought tolerant plant with dark foliage and pink lacy flowers on red stems. Plant with Hosta to create an outstanding show.

Ajuga ('Sparkler' Bugleweed)

Thick, dark green, shiny foliage covered with creamy white splashes. Produces blue flowers. Good ground cover OR use as a container plant. Also, useful as an edging for the border. Grows well in full sun to part shade.

Physostegia ('Crystal Peak White' Obedient Plant)

Densely covered bright white flower spikes bloom throughout the summer. Spikes do not fade or brown as they mature. An excellent perennial for mass plantings. A good filler for the mixed border, or use to attract the eye to a point of interest in the garden. Mature height of 16". (40 cm).

- GRASSES -Cyperus papyrus 'King Tut'

A fast grower that can reach 48 - 72 " (120 - 180 cm) in height in one season. Papyrus adds an interesting architectural element to the garden. It grows well in a garden pond or in a large container at the back of the border. Not winter hardy, and must be overwintered indoors. If grown in containers, it must be heavily watered daily.

Juncus 'Twisted Arrows'

A plant for containers with high visual appeal. This plant has an interesting combination of both blue and green stems which are curly and straight. An eye catcher in mixed containers. Grows best in full sun, in wet or dry soils. Height 18 - 36" (45 - 90 cm). Spread 12 - 18 in (30 - 45 cm).

Some Interesting products to watch for:Pot Pads

These pads grip the underside of the pot allowing the pot to slide without lifting. Virtually eliminates rot and insect infestation on the deck.

Stained-glass Post Caps

Dress up your garden/yard with stained-glass post caps or solar Tiffany-style garden caps.

Glow-In-The-Dark plant Markers

Eliminate night time hazards in the garden by using Glow-In-The-Dark plant markers.

Ant Eliminator

Wilson products have marketed a foam which is a one-shot 'Ant Killer'. Available to home gardeners this year.

*Oh, Adam was a gardener, and God who made him sees
That half a proper gardener's work is done upon his knees.
(Rudyard Kipling)*



Checking Out the Baden Library

Forest of Reading books have arrived at all Region of Waterloo libraries. Blue Spruce, Silver Birch, Red Maple and White Pine books are available for you to borrow. Use the library catalogue to place a hold on the book you need or ask library staff for more assistance.



Our **March Break** program will be held on Wednesday, March 17 at 10:30 a.m. featuring weird and wonderful critters from the **GRCA**. The show is recommended for ages 5 and up. Ticket prices are \$3 each or two for \$5. **EVERYONE** who attends must have a ticket (this includes small children and adults). The New Hamburg Branch (519-662-1112) will also be hosting the **GRCA** on Tuesday, March 16 at 10:30 a.m.. Also at New Hamburg: children's performer, Kathy Reid-Naiman on Thursday, March 18 at 10:30 a.m.. This show is recommended for all ages. Get your tickets early – space is limited at all programs.

The **Come Read With Me** evening family storytime with our wonderful Family Literacy Coordinator, Kim, continues until March 11. This program, recommended for parents/caregivers and children 3 – 7 years old, is held Thursday evenings from 6:45 – 7:30 p.m. Read, play games, and learn about literacy in fun ways! Drop in (no registration is required), it's free!

Registration for the next **Storytime** session begins March 2. This free program is designed for children ages 3 to 5 years old to develop an appreciation of literacy in the early years. Each of the eight weekly sessions are planned around a special theme using stories, songs, games and crafts! There are two days to choose from: Tuesday afternoons from 1:45 to 2:30 p.m. or Wednesday mornings from 9:15 to 10 a.m. Spring storytime begins the week of March 30.

Just for You, Baby Storytime returns for a spring session presented by staff from the Wilmot Family Resource Centre. This program will take place Wednesday mornings from 11:00 – 11:30 a.m. beginning March 31 and is for babies 0 – 12 months and their caregivers. Lots of songs, rhymes and fun! Please bring a blanket for your baby. Call the library to register.

Contact the library at 519-634-8933 or by email at badenlib@regionofwaterloo.ca for more information. Up-to-date information is also available on our website: www.rwl.library.on.ca

Due to space limitations, registration is limited for ALL library programs.

Submitted by Chris Baechler, Assistant Supervisor,
Baden Branch, Region of Waterloo Library
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Most of us who grew up in Canada have fond memories of tobogganing down a local hill: we'd sit on the clumsy wooden sled, bundled up in thick layers of snow pants and coats, and head down the slope in what seemed like a wild and wonderful ride. Some of us -- the most brave and adventurous -- would even ride lying on their stomachs, catapulting head-first down the hill, while their mothers no doubt wrung their hands and worried about broken bones.

And on February 18 and 19, Canada can once again experience that exhilarating ride down a slope -- at least, we can experience it from a distance, watching athletes compete in the skeleton event at the 2010 Winter Olympics. And one local man will be watching with particular interest: Dave Kvapil has competed in the skeleton -- in fact, he's won provincial races -- and knows the excitement of this fast and challenging sport.

Dave Kvapil first became interested in the skeleton when he worked as a track technician at Canada Olympic Park in Calgary. The tracks used in sports like skeleton, bobsledding, and luge must be constructed carefully. Layers of ice are patiently created with fine mist, and then the track is carved into its exciting slopes, twists, and curves. Dave explains that the tracks are about 1.5 kilometres long, and that "it takes a skeleton racer about one minute to complete the course -- at 120 - 125 kilometres per hour!"




Most people are familiar with the luge and bobsledding, but it was actually the skeleton that first became part of the Olympics in 1928. The luge and bobsledding can have two- or four-person teams, but the skeleton is always a single competitor, alone on the "skeleton" shaped sled. And of course, the skeleton racer travels on his or her stomach and head-first, for optimum aerodynamics -- and a terrific view of the trip!

The skeleton racer pushes off the sled, runs for about 30 meters and then jumps on board, controlling the movements with his or her body. The skeleton has a slight flex, which allows the racer to feel every curve and respond immediately. "The skeleton is actually the safest of the sliding sports," adds Dave. "Injuries are uncommon, except for an occasional 'ice' burn!" Of course, the sledders wear a helmet, but there is no other safety equipment. Despite the crush of 4 or 5 "Gs" on the racer's body, crashes are rare.

Because the sport requires specialized courses, it's difficult to enjoy unless you happen to live in B.C. or Alberta, home to the only two courses in Canada. "If I ended up back in Calgary," he says, "I'd get back into it for sure." For now, Dave will enjoy watching his friends and fellow athletes speed down the course in Whistler, and will cheer them on to the Gold -- while he hopes to someday again race in skeleton, the most exhilarating "toboggan ride" ever.


Yup, the days are getting longer! Take it easy, rest up and realize we're only a few weeks away from spring!





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Baden Outlook Hockey Pool Stats



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

The lucky random draw winners are Greg
Stoyko winning a gift certificate from Egli's
Meat Market, and Krista Fortin winning a
breakfast from Teddy's Bakery, & book, *Stories*
from the Porch, by Teresa Brown

Congratulations to Aidan Voison winning the
leader prize in the Kids Hockey Pool winning a
pair of tickets for the Children's Museum
(remember Liam, you can only win the leader prize once).
The lucky random draw winner is Elias Bizony
winning a Baden Outlook Shirt

Place	Name	PTS	Place	Name	PTS
1	Thomas Pestell	662	1	Liam Boronka	655
2	Bill Witt	659	2	Aidan Voison	650
3	Bonnie Dietrich	650	3	James Osburn	642
4	Brandon Gingerich	649	4	Adam Roth	626
5	Rachel Jutzi	647	5	Daniel Jutzi	624
T6	Jim Thorpe	641	6	Liam Schweitser	616
T6	Tony Soikie	641	7	Tanner Schwartzentruber	613
T6	Nathan Roth	641	8	Sierra Simpson	609
9	Rick Chambers	640	T9	Daniel Kreller	607
T10	Shane Snyder	635	T9	Maggie Litwiller	607
T10	Grant Gunn	635	T11	Shaelyn Heise	606
12	Rob Litwiller	633	T11	Nate Roth	606
13	Jess Bruder	632	13	Samantha Simpson	604
14	Angie Hallman	630	14	Lucas McKee	601
T15	Linda Miller	629	15	Chazen Snyder	600
T15	Lou Sicoli	629	T16	Emma Gowland	599
T17	Ryan Roth	627	T16	Colton Holba	599
T17	Michael Steinmann	627	T16	Olivia Stiles	599
T17	Deb (Vinnie) Vinski	627	19	Bradley Vitello	593
20	Tony Papa	625	20	Sarah Martin	592
T21	Darrin Reynolds	623	21	Jared Shantz	591
T21	Don Steinmann	623	T22	Travis Miles	590
T23	Wendell Erb	620	T22	Calob Heinbuch	590
T23	Brad Ziegler	620	T22	Brady Finn	590
25	Emily Miller	619	T22	Shae-Lynn Campbell	590
T26	Melissa Smith	618	26	James Hoerle	589
T26	Sir David Murray	618	27	Mitchell Mueller	588
28	Sheldon Martin	617	T28	Zack Bender	587
29	Earl Nickolas	616	T28	Paige Naumann	587
T30	Katie Erb	615	30	Tanner Snyder	585
T30	Brad Honderich	615	31	Ryan Martin	584
T32	Tim Hunter	613	32	Reid Nahrgang	583
T32	Paul Holba	613	T33	Nathan Boronka	581
T34	Beller	612	T33	Colin Hammer	581
T34	Chris Murray	612	35	Olivia Salese	580
36	Craig Pestell	610	36	Noah Heinbuch	579
37	O.D. Gingerich	609	T37	Marcus Roth	576
38	Brian Struth	608	T37	Jake Miller	576
39	Nancy Roth	607	T39	Brady Honderich	575
40	Brian Nutter	606	T39	Patrick Glofcheskie	575
41	Brian Diebold	605	41	Carter Schwartzentruber	573
T42	Johnny Boronka	604	T42	Austin Dale	570
T42	Bob Leppington	604	T42	Kristen Struth	570
T44	Jean Cook	603	44	Caleb Hunter	569
T44	Sue Steinfield	603	T45	Spencer Weber	567
T44	Rejean Baillargeon	603	T45	Carson Weber	567
T44	Randy Martin	603	47	Nicolas Egli	566
T48	Melissa Tallman	602	48	Lashaedyn Faulkner	565
T48	Marilyn Steinmann	602	T49	Evelyn Cobean	563
T48	Steve Large	602	T49	Aiden Heinbuch	563



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Wilmot's Heritage Day - April 17th, 2010

Wilmot's annual Heritage Day is being moved to April 17th for 2010. Committee members have been working hard to prepare and present the 2010 theme: *Culinary History of Wilmot: Recipes of Our Past*. The event will be held at the New Dundee Community Centre from 10:00 am – 4:00 pm with a short program at 2:00 pm.

The committee will be highlighting local food, culture and food-related businesses of the past and present that are in Wilmot Township. The Committee invites you to be part of the day by creating a display that highlights the culinary theme that makes Wilmot Township so unique. Be as creative as you like! Please contact Elliot Fung, Chair of Heritage Wilmot, if you wish to be a part of this special day at elliot.fung@wilmot.ca or 696-3749.

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You'll be sure to get curried away with Greta's scrumptious version of mulligatawny soup. Taken from the Podleski sisters, Crazy Plates Cookbook.

- 1 tbsp butter or margarine
- 1 cup each chopped celery, onions and carrots
- 1 clove minced garlic
- 4 boneless skinless chicken breasts cut into cubes
- 1 tsp curry powder
- 1 tsp chili powder
- ½ tsp ground cumin
- 3 whole cloves
- 6 cups low-fat chicken broth
- 1 19 oz can drained chopped tomatoes
- ½ cup uncooked, long-grain white rice
- 1 tsp salt
- ½ tsp black pepper
- 2 cups peeled, diced Granny Smith apples
- ¼ cup chopped, fresh parsley
- ¾ cup low-fat sour cream or yogurt
- 1 tbsp lemon juice

- Melt butter in large soup pot over medium heat. Add celery, onions, carrots and garlic. Cook and stir for 3-4 minutes, until vegetables begin to soften.
- Add chicken and cook until no longer pink. Add curry powder, chili powder, cumin and cloves. Cook and stir for 2 more minutes. Add broth, tomatoes and rice, salt and pepper. Bring to a boil, reduce heat to medium-low. Cover and simmer for 15 minutes.
- Add apples and parsley. Simmer for 10 more minutes. Remove from heat. Stir in sour cream and lemon juice. Serve hot!

Q: Where's the best place to eat along the highway?
 A: Wherever there's a fork in the road.



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Just Ten Minutes from Baden – Haysville

Haysville is located on Huron Road just south of New Hamburg on the Nith River. Haysville was settled in the early 1830's by immigrants from the British Isles who were attracted by offers of land by the Canada Land Company. The town was originally called Jones Borough, Jonestown and Wilmot before becoming Haysville in 1848, renamed after its first postmaster. Haysville had several mills powered by the river, including a saw mill, a grist mill, linseed oil mill and woolen mill and also had a cheese factory, three stores and two hotels. The river played an important role in Haysville's existence; however it was also a nemesis, flooding in the late 1830's and on August 19, 1883 which destroyed the town bridge and all the mills.

The first settler in the area was William Hobson, an agent for the Canada Company who was part of a team that went to Goderich in 1829. Hobson preferred the area around Haysville and built a log cabin there. In the 1830's he built a hotel along the river which became a popular stage coach stop along the Huron Road. The stop remained busy until the Grand Trunk Railroad arrived in 1856, which had stops in Petersburg, Baden and New Hamburg.

The town had Wilmot Township's only post office which opened in 1837. Residents from New Hamburg had to walk on a trail through the bush to pick up their mail. The next post office to open in Wilmot was in Petersburg in 1842, so the Wilmot Post Office, as it was known, was vital in its day.

Today Haysville is a quiet picturesque town of 130.

Wilmot Soccer

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Saturday February 20th
10 am-2 pm

March 9th
7 pm-8:30 pm



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www.wilmotsoccer.com, or
maryannedougherty@msn.com*

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WHAT IS AN OPTIMIST CLUB? IT'S ALL ABOUT YOU & YOUR CHILDREN

Optimist International is an association of more than 3,000 Optimist Clubs around the world dedicated to "Bringing Out the Best in Kids." Adult volunteers join Optimist Clubs to conduct positive service projects in their communities aimed at providing a helping hand to youth. With their upbeat attitude, Optimist Club members help empower young people to be the best that they can be.

Each Optimist Club determines the needs of the young people in its community and conducts programs to meet those needs. Every year, Optimists conduct 65,000 service projects and serve well over six million young people.

The Optimist Club of Wilmot is an all women's club covering the Township of Wilmot. We celebrated our 20th year of service to this community in October 2009. Baden alone has grown exponentially in the last few years. We need new members for fresh ideas of what the community needs and how to achieve this.

The Optimist Club of Wilmot runs two babysitting courses per year. We also run a Grade 5 Spelling Bee and craft days for Halloween and Easter. This year we are running an Easter Egg Hunt on Saturday, March 27 in the Baden Park. In February we have a dinner where we invite each school in the township to nominate two students to receive certificates for their contributions to the school and community. We participate in the Baden Santa Claus Parade, run a number of fundraisers such as our annual Craft and Bake sale in December and our garage sales in Mannheim and in New Dundee each May. We donate money to students to help offset the costs of trips for school and sports and donate money to help with the reading programs run in the local schools each year.

For more information please contact Darlene Vorstenbosch 519-634-5614 or Kathy Gray 519-634-8384. We invite the women of Baden and the other communities in Wilmot township to consider joining us. We offer fun, fellowship and a chance to give back to your community - *It's all about the kids.*

Our Purpose:

- To develop optimism as a philosophy of life.
- To promote an active interest in good government and civic affairs.
- To inspire respect for law.
- To promote patriotism and work for international accord and friendship among all people.
- To aid and encourage the development of youth, in the belief that the giving of one's self in service to others will advance the well-being of all, the community, and the world.

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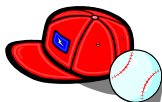
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Baden Minor Softball Registration

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Saturday, Feb. 20, 10 am - 1 pm
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Second Registration:
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Interesting People: Meet Bob Bontaine, Master Archer

By Teresa Brown

Archery - it's been around for 20,000 years, both as an instrument of war and as a tool for hunting. Today archery is best known as a sport -- one with a fascinating history, and a thriving following of enthusiasts worldwide. One of those enthusiasts is right here in Baden: Bob Bontaine, Master Archer, a nearly lifelong fan of this challenging and richly historic sport.

Bob first became interested in archery at the tender age of six "My father made me a bow out of a hickory hockey stick," he laughs. "The string was a skate lace, and the arrows were made out of square kite sticks." But as Bob recalls, he could shoot arrows over three houses with that simple bow: most importantly, that gift introduced him to the sport that would be his lifelong love.

Bob moved to Baden in 1948, and continued shooting and developing his skill. And what a skill it turned out to be. Bob's awards and accomplishments form a long, long list, and include winning the Indoor Mens' Canadian and Ontario Pro Championship in 1972 -- a title he still held when he retired. His awards are many and include winning the inaugural Bogenshuetzenfest, an archery competition that began with the second Oktoberfest 40 years ago. That was an



event Bob also helped to start, and it continues today as the longest running Kitchener-Waterloo Cultural Oktoberfest event.

Leadership in the sport of archery has always come naturally to Bob. In addition to taking the lead in organizing the Bogenshuetzenfest, he was a President and charter member of the Canadian Professional Archers Association, and in the late 1960s Bob founded the Junior Olympic Archery Development Program, which now has clubs across Canada. He started the development program now run by the Ontario Association of Archers, and has written a manual on the fundamentals of the sport, called "Basic Archery Made Simple."

Bob's skill in developing the sport for others is only the beginning. He's attained the level of Master Archer, and proudly displays the many "Robin Hoods" he's created. "A Robin Hood is what you call it when you split the shaft of one arrow by shooting another directly through it," he explains. He displays several examples, and laughs: "Yes, it means two ruined arrows." Considering Bob is a Master Arrowsmith who also makes arrows for the bow shop in Waterloo, it's a sacrifice that certainly doesn't bother him!

But it's Bob's love of teaching -- and his talent for entertaining -- that make him an exceptional ambassador of archery. One of his favourite tricks was the "William Tell," or shooting an apple off of a volunteer's head. "I'd call a kid up to the front, and show him how I was going to do it -- with a styrofoam head, of course -- and when I'd intentionally miss, the poor kid would take off running!" Bob would then take the opportunity to give the audience a lesson on safety, and of never shooting at another person -- and then he'd really shoot an apple off the styrofoam head, with astounding accuracy.

As a Certified Instructor, Bob has taught thousands of people how to shoot, and helped many others improve their techniques. "I'd love to see a program start here in Wilmot," he says. "Archery continues to grow in popularity, and is a terrific sport for anybody." As I learn about the skill and grace of this ancient sport, I have to agree that he's right: once again, Bob has hit the bullseye.



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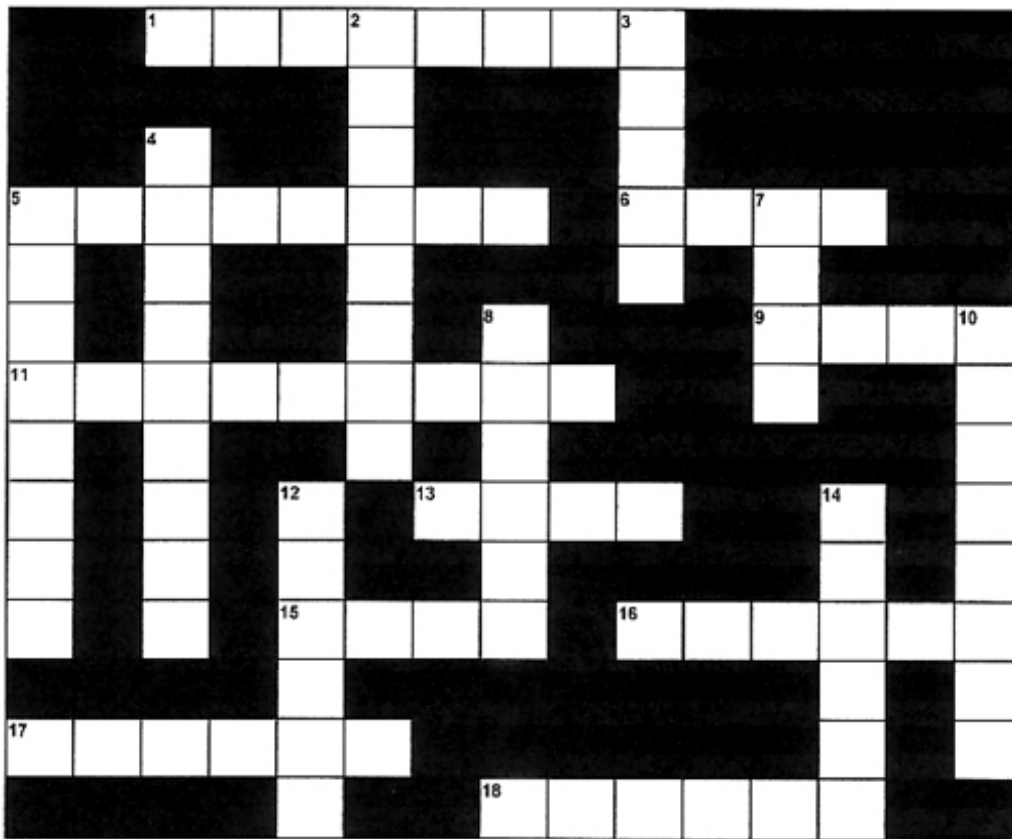
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Winter Olympics Crossword Puzzle

Answers on page 23

CLUES



ACROSS

1. Ski town
5. Ski and shoot race
6. The best
9. Group of athletes
11. Surfing on snow
13. An Olympic must
15. Two men on a sled
16. Our native land
17. Our national sport
18. The winner's stand

DOWN

2. One man on a sled
3. Olympic symbol
4. Olympic site
5. A curling tournament
7. Figure skating jump
8. Third best
10. Ski locale
12. Second best
14. Skiing style

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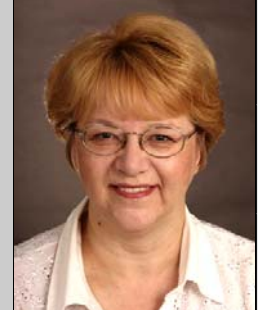
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We have had a great start to February at Baden and we have plenty to look forward to in the rest of the month! Both our boys' and girls' basketball teams have had a successful season and are looking forward to playoffs in the upcoming weeks. Staying on the topic of sports, the staff and students are excited about the recent start to the Vancouver 2010 Winter Olympics. We received cable last month; therefore, all Bulldogs can keep up with the Olympic action by watching television at nutrition breaks!

Our grade 8 students have again had quite the busy month! On the 2nd, they put on their smiles for Lifetouch Canada when they came to take graduation photos. On the 10th, under the leadership of Mrs. McDowell, they hosted a History Coffee House in the library. Families came and enjoyed some baked goods and hot beverages while getting the chance to see the projects that the grade 8s created. Then on the 12th, the grade 8s went on an eventful trip to see the Body Works Exhibit at the Children's Museum, and afterward skated in front of City Hall. When they returned, the rest of the day was spent celebrating Valentine's at a dance hosted by the Baden Leadership Team. The BLT was also busy distributing candy-grams to all students in the school. Yummy, chocolate hearts! The grade 8s wrap up the month of February spending an exciting day cross country skiing at Laurel Creek Conservation Area.

As always, other grades have been busy with trips as well. On the 1st, 5A and the grade 6s went on an informative trip to the safety village, and the other grade 4s and grade 5s participated in an exciting art workshop! The next day, 4A travelled to Camp Heidelberg for some class bonding! On the

10th, our primary classes went to the symphony to experience the art of classical music. Also on the 10th, 8E went skating, and they look forward to additional skating trips and some upcoming outings to the bowling alley. Many Baden families were able to test out their skates at our Family Skating Party on February 7th, and it was loads of fun!

The Baden Community enjoyed a wonderful pasta dinner hosted on Thursday, January 28th in the Baden Public School gymnasium. Our *Me to We* Committee organized the fundraiser to support their Sri Lanka water project. The evening was a huge success raising \$1200. In addition, attendees generously provided tips as they exited the gym. These funds will be directed toward the Haiti initiative.

Baden recently announced the retirement of grade 8 teacher Ms. Leis. She is incredibly loved and will definitely be missed, but we wish her well in the exciting phase that lies ahead! On January 29th, her last day, there were many celebrations held in her honour. Students stayed after school the previous night to decorate her classroom for the next day's festivities. Needless to say, there were balloons and streamers anywhere they could put them! It was said many times that day, but we'll reiterate, **"Happy Retirement, Ms. Leis!"**

As we settle into the month of love, we think about how quickly this school year is passing. After February there are only four months left until summer! We reminisce on the memories this year has brought us already and look forward to those that lie ahead.



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PAUL KNOWLES A CANDIDATE FOR WILMOT MAYORAL POST
(1ST OF THE MAYORAL CANDIDATE SERIES)

New Hamburg Board of Trade President Paul Knowles has filed his nomination papers for the post of Mayor of Wilmot Township. Municipal elections will be held across Ontario on Oct. 25 of this year.

Knowles, a long-time Wilmot resident, is an active community volunteer. Now in his third term as Board of Trade President, he is also a co-founder of the New Hamburg Live! Festival of the Arts, and an organizer of the New Hamburg Flood Relief Fund, which responded to the disastrous late-2008 Nith River Flood with a one-time community fundraising effort which produced \$60,000 to assist people left in crisis by the unprecedented flood waters.

He has been a volunteer for many community organizations, including Wilmot Family Resource Centre and Food Bank, the Wilmot Citizens of the Year program, Castle Kilbride National Historic Site, the New Hamburg Canada Day Committee, Doors Open Waterloo, the New Hamburg 150th Anniversary Celebration, the Ontario-Alsace Association, the Mennonite Relief Sale, and Wilmot District Soccer Club, among others.

Knowles came to Wilmot township almost 25 years ago, as editor and publisher of the New Hamburg Independent. He left the Independent 14 years ago, but continues to live in Wilmot, embarking on a successful career as an author and editor. In that role, he has written three books about Wilmot's heritage - Castle Kilbride, The Jewel of Wilmot Township, Piecemakers, The Story of the

Ontario Mennonite Relief Sale and Quilt Auction, and A History of New Hamburg.

Knowles says he has entered the election for Mayor because Wilmot faces a number of external challenges and threats, and needs a strong, articulate voice to represent the communities that make up the township. One such example, he says, is the battle to keep Highway 7&8 in its current route and configuration through New Hamburg. Knowles has spearheaded the fight to retain access to the community. In this capacity, he has met the Minister of Transportation Jim Bradley, lobbied the Ministry of Transportation and local government figures, and escorted the MoT experts on a whirlwind tour of local businesses, where they received first-hand accounts of the disastrous impacts of any change.

He points out that the Mayor is Wilmot's only representative on Waterloo Regional Council, on the Grand River Conservation Authority, and on the board of Kitchener-Wilmot Hydro. Wilmot needs a confident voice in those arenas, he says. I will stand up for our communities, for their independence and their uniqueness.

In recognition of his community service, Paul has received the Governor General's Medal for Community Service, a Conseil General Haut Rhin [Alsace, France] Medal, a Township of Wilmot Medallion, and the CARE Stratford Environmental Leader Award.

For more information, or to contact Paul Knowles, visit www.paulknowles.ca.

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Cabin Fever

By Teresa Wiebe, B.Ed., M.T.S.



Many people find that with the snow and ice and cold, they don't want to go outside as often as they normally do. After a while they start to feel isolated, and lose their energy. They may find themselves eating and sleeping more than usual, or they lose their appetite and can't sleep. Depression can easily take over.

There are several things you can do to help yourself:

- Make a point of talking to another adult once a day – or at least several times a week
- If you are feeling down, talk to a friend, don't keep things bottled up
- Get together with friends at least once a week
- Get some exercise – go for a walk, put on some music and dance, ski, skate, toboggan
- Go outside as often as possible – many people are affected by lack of light, and some sunshine will help your mood.
- Make sure the food you eat is nutritious. An oatmeal cookie is better for you than a marshmallow cookie. Eating junk food as a normal diet will make you feel even less energetic.
- Tidy the house – living in a messy or dirty house can cause you to feel overwhelmed. If you are already overwhelmed by the mess, break the jobs down into 10–15 minute sections. Do the dishes. Put away the toys. Make the bed. Put away the laundry. Doing a few things on the list is better than doing nothing.
- Schedule in some fun. Find something you enjoy doing – and do it!

If you are feeling really down, have lost interest in your normal activities, and are feeling sad and worthless most of the time, you may be suffering from clinical depression and need to see a doctor or a therapist.

Teresa Wiebe is a Registered Marriage & Family Therapist who practices at the Southern Ontario Counselling Centre and the Wilmot Family Resource Centre. She can be reached at 519-746-2323 Ext. 306. More information is available at www.socounselling.com

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CHILDREN'S WORSHIP 11:30 am

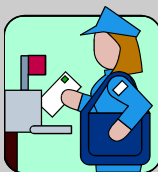


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many drop off locations.

Answers from food
quiz- from page 2

Refrigerated / Pantry

1) D	1) B
2) H	2) C
3) A	3) E
4) C	4) G
5) I	5) H
6) G	6) D
7) F	7) J
8) E	8) A
9) B	9) F
10) J	10) I

New Hamburg Bi-Annual Figure Skating Carnival

Wilmot Recreational Complex Saturday,
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For ticket inquiries please email:
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EXTRA!! EXTRA!!

There are extra copies of The Baden Outlook available at Teddy's Bakery, Stop 2 Shop (Baden & St. Agatha), Old Fashioned Variety (Petersburg), N.H. No Frills & Sobey's, Short Stop, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.



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"Get It Together" ...with Donna & Rhonda



"Everything needs a home" – the foundational concept of organizing.

Every item in your home and office should have a designated home. To see if you apply this principle . . . take a little "test". Make a list of items you lose on a regular basis. What items "go missing" in your house or office? These are the items that don't have a specific home. The next step is to find a home for these items. It is important their home is at the point of use and it is easy to put away.

For example, is there a specific home for the TV remote? Where do you put your keys when you get home? Do you have a file set up for important documents, like passport, birth certificate, etc.? Where do you put gift certificates when you receive them? Do you have a list of important telephone numbers handy? Where is the home for "bills to be paid"? Where is the soccer equipment for next week's practice?

Everything needs a home. This concept even includes every piece of paper you receive. Is it recycling? If not, where does it go so that you are able to retrieve it when you need it?

Think about your fridge – does everything have a home? Do you have multiple ketchup bottles on the go because you didn't know a partial bottle was hidden behind the leftovers? Even your fridge items should have a home. It will be easier for making your grocery list and making sure you use up food before it goes bad.

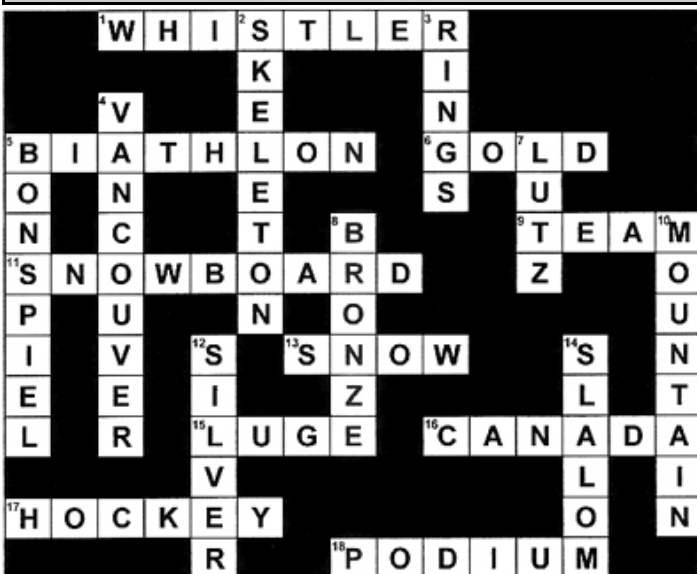
Have a designated shelf for leftovers, keep the condiments in a consistent spot, and try to train everyone to return the items to their "home" when they are finished!

Once you have this concept mastered, move on to the next step – "Don't put it down, put it away". I can hear some of you saying . . . "If only all my family members could learn that one!"

Until next time . . .

In order . . . to live a life of purpose

Answers for Olympic Crossword Puzzle from page 18





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Submitted by Dorothy Shantz



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- * Band-Aid ... to remind you to heal hurt feelings, either yours or someone else's.
- * Eraser ... to remind you everyone makes mistakes. That's okay, we learn by our errors.
- * Candy Kiss ... to remind you everyone needs a hug or a compliment everyday.
- * Mint ... to remind you that you are worth a mint to your family & Me.
- * Bubble Gum ... to remind you to stick with it and you can accomplish anything.
- * Pencil ... to remind you to list your blessings every day.
- * Tea Bag ... to remind you to take time to relax daily and go over that list of blessings.



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Heartfelt thank you for Haiti Relief Support!

The staff and board of the New Hamburg Thrift Centre would like to extend a heartfelt thank you to our community for the great response and support received to date. All hearts went out to the people of Haiti on January 12 when we heard the devastating news of nature at its worst. With an estimated three million people affected by the earthquakes, many in our community immediately responded asking "How can I help?"

Many of you did help and help in big way! Our local MCC Thrift Centre quickly turned into a collection spot as our community came together. Volunteers, donors and shoppers brought cash donations, relief kit items, and new cotton sheets for the larger MCC relief deployment that is being organized. From January 14 - 30 over \$25,000 was donated for Haiti here at the New Hamburg Thrift Centre for MCC. The front window in the store became a donor window to show how our small community was supporting a hurting nation.

We appreciate all the new towels, toothbrushes, shampoo, etc., which have been brought in and will travel to Haiti very soon. Warehouse space at 50 Ottawa St has been donated and is available until the end of February to help with the sorting and packing of Relief Kits. However, financial donations and Relief Kit items will be accepted ongoing. In order to better serve those without ready access to the internet, we now have an **MCC Haiti Relief Information Line 519-594-0143**. It provides basic information around relief kits, drop off locations, financial donations, etc. If you are able, we encourage you to stay updated at www.mcc.org.

MCC has a long history in Haiti and has a strong presence there. Currently on the ground, money is being used to purchase food, supplies, equipment, etc. A variety of material resources (relief kits, blankets, etc.) tarps, medical kits, water filters, and canned meat is being airlifted or shipped in. MCC structural engineers are on the ground assessing the stability of buildings left. Staff teams are assisting in the registration of internally displaced people who are settling into temporary camps.

The relief work in Haiti will be a long term project for many years to come. We hope you will remain a support partner as we travel this journey with the people of Haiti and assist any in way we can. We are proud to be a part of such a caring community and thank you from the bottom of our hearts!

Please note: We are your collection point for financial donations, Relief Kits, heavy weight comforters (60" x 80"/twin), and flat sheets, which also will be used as mosquito netting, can be double, queen, or king. Sheets, with at least a 300-thread count, should be new, cotton and light-coloured, which is not as attractive to mosquitoes.

**New Hamburg
Thrift Centre**
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MCC Relief Kits

New items only please. You are welcome to contribute some or all of a kit. Collection spot at the store.

- 4 bars bath soap (110-140g / 4-5oz, in wrappers)
- 1 plastic bottle shampoo (380-710ml / 13-24oz)
- 4 large bars laundry soap (*Linda* brand at NoFrills)
- 1 squeeze-tube toothpaste (min 130ml / 6oz; leave in box)
- 4 adult-size toothbrushes (leave in packaging)
- 4 new bath size towels (medium weight, dark color)
- 2 wide tooth combs (15-20 cm / 6-8")
- 1 fingemail clipper
- 1 box adhesive bandages (minimum 40, assorted)
- 1 package sanitary pads (18-24 thin maxi or ultra thin)

Please limit your generosity to the items listed. Thank you!



All proceeds benefit
the work of
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REGULAR HOURS

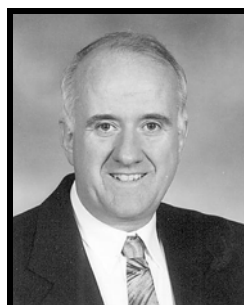
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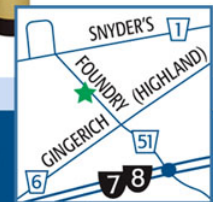
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the Health & Wellness Page

Changing the Oil in Your Body's Engine: The Heart

Submitted By Michael Fisher



When fresh, the fiber, fats and oils found in plant-based foods (such as grains, vegetables, legumes, nuts, seeds, etc) can help repair arterial tissue and regenerate new healthy tissue. A moderated lifestyle which includes regular movement/exercise, relaxation activities and sufficient sleep is also helpful, but diet can play a very predominate role in healing and preventing issues of the heart. As reported in the *Journal of the American Medical Association*, most heart by-pass operations would be unnecessary with as few as thirty days of a high-fiber, low-fat diet. Other research indicates that over 97% of those who take medication for high blood pressure no longer need it after simple dietary changes similar to those suggested here:

Dietary Options for Heart and Artery Renewal; Foods Which Remove Arterial Residues and Cholesterol

Legumes

Very effective: Mung, soybeans and their sprouts. Tofu and tempeh. All legumes are beneficial.

Grains

Whole grains, especially rye, oats and amaranth. Also rice, sprouted wheat (as in Ezekiel brand products) and buckwheat. Avoid refined and processed grains (including white, or 'light' flours).

Fruits and Vegetables

Leafy greens, cabbage, spinach, mint, kale, wheat and barley grass, broccoli, parsley, asparagus, spirulina, chlorella, bell pepper, tomato, citrus (eaten alone), celery, banana, persimmon, seaweeds, cucumber and mushroom. Dark red or blue fruits. Pungent vegetables such as garlic, onion, chive, etc

Nuts and Seeds

Almond, hazelnut, flax seed, chia seed, pumpkin seed (lightly roasted or cooked), poppy seed, walnut and sunflower sprouts. Avoid overeating nuts and seeds. Avoid rancid or stale nuts.

Animal Products

Deep/cold-water fish: sardine, mackerel, anchovy, salmon, herring. Avoid pork, cheese and eggs.

Other

Avoid stimulants, poor quality fats and refined oils, sugars and most sweeteners, and overeating.

Vitamin E and omega-3 oils are found in all green leafy vegetables, in cabbage, vitamin E is richest in the outer leaves, which is often removed in commercially available cabbages. Dark leafy greens and fruits, spirulina and chlorella are very high in chlorophyll, folic acid and iron which will build and repair blood and arteries. Vitamin E is high in all nuts and seeds, but especially almonds and hazelnuts. Omega-3 oils are concentrated in flax, pumpkin seeds and walnuts.

Lecithin is found in all legumes (especially soy) which is an ideal alternative to soft egg yolk.

Deep/cold-water fish contain high levels of omega-3 oils. Raw honey is the only sweetener that reduces fatty accumulations in the vascular system, however, it should not be used excessively.

Lecithin and vitamins B3, E and C reduce saturated fat and accumulations in the arteries. Fiber prevents hardening of the arteries.

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