



Happy New Year!

January 15, 2008

Volume 8, Issue 6

Baden Outlook

Serving the GBA since August, 2000 with 2300 copies in circulation.
"Keeping the Community Connected"

It's Hockey Day in Baden!!

Come support the Optimist Club of Baden's 1st annual road hockey tournament in celebration of...



SATURDAY, FEBRUARY 9th

The tournament is limited to the first 12 teams to register. Team registration is \$200 and prizes will be awarded to the top two teams in the tournament. All teams are guaranteed three games.

- ⇒ All games will be held in the parking lots behind Castle Kilbride, Baden.
- ⇒ All games will be played with four players and a goalie on each team.
- ⇒ No maximum size for team roster.
- ⇒ Tournament is open to players 16 years of age and older.

Contact Steve Dramnitzke for registration and information packages.
 519-634-9956 or pro-techwater@gto.net

Sponsored by the Optimist Club of Baden - proceeds in support of community projects.



Inside this issue:

Talking with Ed	2
What's Up in 2008?	
Visiting Carmel of St. Joseph Monastery	4
Wilmot Heritage Fire Brigade's new project	8
Outlook Hockey Pool	13
Are you in the lead!	
Heritage Day 2008	17
Your old pics will help!	
Notes from the Attic	19
Business in 30's-40's	
Health & Wellness	23
Understanding Arteries	

Special points of interest:

- History of Street Name: Erbach Crescent
- What's new at Baden Branch Library?
- Cook's Corner
- Ed's Silly Puzzles
- Creative Clusters 2008
- News from Baden Public School



To learn more about CBC's Hockey Day in Canada, visit its website at www.cbc.ca/hockeyday

Waterloo Region Women's Crisis Centre also features its own Hockey Night in Waterloo Region. See inside story on page 22 to take part in their fundraising event.

This paper is priceless - Please have one!

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Talking with Ed - Random Thoughts for the New Year

Stop Right There - The four-way stop, which was implemented in November at the intersection of Snyder's Road West and Nafziger Road, has proven to be a good thing - especially for the north and south bound traffic. There were countless times when we sat at that intersection waiting for a break in the east/west bound traffic. Will a four way stop at the corner of Gingerich and Foundry be coming soon?

Speed Limit Changes - The Region of Waterloo is proposing changes in the speed limit through the main drag of Luxemburg. Currently, travelling west on Snyder's, the speed limit is 70 km/h, dropping to 50 through Luxemburg, then back to 70, then back to 50 when entering New Hamburg. They are proposing a reduction in the speed limit from 70 km/h to 50 km/h on Waterloo Street (Regional Road #1) from Nafziger (Regional Road #5) to 200 m west of Nafziger Road. This idea makes sense, simplifies things and keeps safety in mind all at the same time.

Looking For A Good Time - The Baden Volunteer Fire Department is holding its annual fundraising dance at the St. Agatha Community Centre on Saturday January 26th from 8 pm to 1 am. Tickets are \$10 and are available from any firefighter or Teddy's Bakery. It is a great way to meet your neighbours, acknowledge your firefighters and - dance off some of that winter rust.

Passing - We say good-bye to a long-term resident of Baden, Nora Barton. Nora passed away on Thursday, December 27, at Grand River Hospital at the age of 81. Nora was a member of Livingston Presbyterian Church and the wife of Robert Barton, (married November 1955) who was the doctor in town until retirement in mid 2000. Nora was a colourful

character, and will be remembered for her very big heart. She will be missed strolling the streets - she loved her town.

Tower Delay - Currently the new Baden Elevated Tank is being commissioned. There is still some work being done on electrical components of the new tank. Also, the Region's operation personnel require training to operate this new tank. When the new tank is operational, the old tank will be standing by for a minimum of three months as a back up. This, however, will start in the spring, because the winter's low temperatures could cause freezing in the new tank during the trial operational period. (When the water tanks are fully operational, the water in them would not freeze due to the rapid water circulation).

Business Directory - Congrats to the residents of Stonecroft, a subdivision located behind Expressway Ford, on the launch of *The Stonecroft Shopping Guide*, which encourages local shopping. The publication will be available bi-monthly with the first issue being released this month. Anyone interested in advertising should contact Gregg Murtagh at 662-1946.

Building Boom - Andrew Martin at the Township has compiled a list of newly built homes in Baden for each month of 2007. Here is the data that he has provided. More information is available at www.wilmot.ca

January - seven single dwelling homes

February - four singles

March - four singles

April - four singles

May - sixteen singles

June - nine singles

July - seven singles,

August - eight singles

September - four singles and one semi-detached (which equals two homes)

October - four singles and two semis

November - three singles and one semi

December - four singles and one semi

Wilmot Population Forecasts

Courtesy of Wilmot Township

Approximate Township Population Information

	PPH*	1991*	2001	2002	2003	2004	2005	2006	2007
Baden	2.79	1,464	1,810	2,042	2,371	2,753	3,314	3,576	3,808
Foxboro Green	2.00	0	430	430	430	430	430	430	430
Haysville	3.00	111	123	126	129	129	129	129	129
Lisbon	3.21	61	61	61	61	61	61	61	61
Luxemburg	2.45	27	27	27	27	27	27	27	27
Mannheim	3.40	598	809	853	914	992	1,043	1,064	1,071
New Dundee	2.95	1,043	1,158	1,158	1,167	1,185	1,199	1,214	1,214
New Hamburg	2.61	4,678	5,973	6,192	6,351	6,489	6,578	6,779	7,006
Petersburg	3.05	339	373	373	394	391	394	400	403
Philipsburg	2.95	62	71	74	77	77	80	80	80
Shingletown	3.23	97	103	103	103	110	110	110	113
St. Agatha	3.09	556	621	621	621	621	621	624	624
Sunfish Lake	1.83	11	13	13	13	13	13	13	13
Wilmot Centre	3.25	52	52	52	52	55	55	55	55
Non-Settlement	3.00		3,243	3,261	3,264	3,270	3,279	3,288	3,288
Township**			14,866	15,385	15,974	16,603	17,333	17,850	18,321

* Calculated from 1991 Assessment Estimates

** 2001 entire Township population taken from 2001 Census data
December 31, 2007: Township of Wilmot Development Services

Well, that's the latest, till next month...Ed

"Keeping the community connected"



Happy New Year!



Barry and Pat Fisher
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EXTRA!! EXTRA!!

There are extra copies of The Baden Outlook available at Teddy's Bakery, Stop 2 Shop, Old Fashioned Variety (Petersburg), Stop 2 Shop (St. Agatha), N.H. Foodland & Sobey's, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township

Baden Firefighters' Association Annual Dance

Where: St. Agatha Community Centre
 When: Saturday, January 26, 2008
 Time: 8:00 pm to 1 am
 Price: \$10/person
 (Age of Majority)

Tickets available from all firefighters
 and Teddy's Bakery

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



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

HISTORY OF STREET NAMES Featuring Erbach Crescent

Erbach Crescent was named after Private Herb Erbach, who was killed in battle at Vinny Ridge in France on April 9, 1917. Erbach was born and raised in Baden but had moved around the province working at various places of employment. He was the son of William and Charlotte Erbach. Herbert was the youngest of four children and was born on April 12, 1890.



At age 26, in the early part of 1916, he enlisted with the 111th Battalion. He went in the fall of 1916 with the 75th Canadian Battalion. He was laid to rest at Canadian Cemetery number two in Neuville-St. Vaast, Pas de Calais, France.



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A VISIT TO THE CARMEL OF ST. JOSEPH MONASTERY

By Teresa Brown

On a peaceful, hilly road north of St. Agatha, there exists a humble building, fronted by a modest statue of St. Joseph and surrounded by acres of tranquil forest. In this building, a group of people live spiritually devout lives: they are The Order of Discalced Carmelites. While the monastery's existence comes as a surprise to many in Wilmot Township, it nonetheless holds a deeply personal significance for people throughout the world.

The Carmelite nuns now residing in Wilmot came to Ontario from Cleveland, Ohio, in 1952, first locating at the Breithaupt House in Kitchener. This was the first English-speaking Carmelite Monastery in Canada. As the years passed and the Order grew, the Carmelites began searching for a place to build a larger monastery; they found it in Wilmot Township, just north of St. Agatha. The site's ample land and the village's strong Catholic base made it an ideal choice, and in 1963 the Carmel of St. Joseph opened on Carmel-Koch Road.

Originally designed for twelve Sisters, the building grew over the years and today has space for twenty-one. The Sisters strive to be self-sufficient, with a community-focused lifestyle that sees each member helping to sustain the group. With 46 acres of mostly-wooded land, there is much to do: The Sisters garden, cook, sew, do almost every other daily task, and maintain the property whenever possible. Their structured daily schedule includes time for work, readings, a daily Mass, and of course much opportunity for prayer.

Their real purpose is their faith. As cloistered nuns, they maintain a separate and simple monastic lifestyle in order to focus on prayer, free from distractions. They own no valuable possessions; for example, they wear simple

sandals rather than expensive shoes. And they live apart from society. But while they live separately from most people, they are certainly not isolated from humanity. The Carmelites live their life of prayer not only for God but for people.

Indeed, the Order works with many outside of their quiet, rural location. They are devoted to a prayerful life, and have a mailing list of over 5,000 people who, through mail, telephone calls, and e-mail, reach to them for support and prayer. The Sisters welcome the public to pray or attend mass in their chapel, and while most visitors and requests for novenas come from the local population, they also correspond with the faithful in the United States and abroad.

The Carmel of St. Joseph is a gentle and welcoming place. It is serene and yet cheerful in every aspect: in its peaceful forested setting; in its simple prayerful purpose; and in the kind, smiling faces of the Carmelite Sisters as they offer me a gift of homemade jam. In its focus on promoting a life with prayer, the Carmel of St. Joseph may be far from the bustle of modern life, but nonetheless, the Order is deeply meaningful to the hearts and souls of many, both here in Waterloo Region and beyond.

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THE WEEK AFTER CHRISTMAS

Submitted by Cathy Marchione

'Twas the week after Christmas, and all through the house
Nothing would fit me, not even a blouse.
The cookies I'd nibble, the eggnog I'd taste
All the holiday parties had gone to my waist.
When I got on the scales, there arose such a number!
When I walked to the store (less a walk than a lumber).
I'd remember the marvellous meals I'd prepare;
The gravies and sauces and beef nicely rare...
The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."
As I dressed myself in my husband's old shirt
And prepared once again to battle the dirt...
I said to myself, as I only can
"You can't spend a winter dressed like a man!"
So...away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip.

Every last bit of food that I like must be banished
Till all the additional ounces have vanished.
I won't have a cookie, not even a lick,
I'll want only to chew on a long celery stick.
I won't have hot biscuits, or cornbread, or pie,
I'll munch on a carrot and quietly cry.
I'm hungry, I'm lonesome, and life is a bore...
But isn't that what January is for?

Unable to giggle, no longer a riot
Happy New Years to All and to All a Good Diet



Believe in yourself.

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Chicken Awards

Wilmot farmer Abe, was in the egg business. He had several hundred young layers (hens), called "pullets", and ten roosters, whose job it was to fertilize the eggs. The farmer kept records and any rooster that didn't perform went into the soup pot and was replaced. That took an awful lot of his time, so he bought a set of tiny bells and attached them to his roosters. Each bell had a different tone so Abe could tell from a distance, which rooster was performing. Now he could sit on his porch and fill out an efficiency report simply by listening to the bells.



The farmers favourite rooster was old Butch, but one particular morning Abe noticed that Butch's bell hadn't rung at all. Abe went to investigate. The other roosters were chasing pullets, bells-a-ringing. The pullets, hearing the roosters coming, would run for cover. But to Farmer Abe's amazement, old Butch had his bell in his beak, so it couldn't ring. He would sneak up on a pullet, do his job and walk on to the next one.

Abe was so proud of old Butch, that he entered him into the Fall Fair and he became an overnight sensation among the judges. The results: The judges not only awarded old Butch the "No Bell Piece Prize" but they also awarded him the "Pulletsurprize" as well. Another chicken feather in the cap for Wilmot farmers!

Outlook Word Match Game

Listed below are groups of four seemingly unrelated words. Find a word that either proceeds or follows the words in each group. (Answers on page 20)
Example - depot stop ticket school
(Answer: 'bus' is the matching word.)

fresh	mattress	plane	hot	_____
base	basket	park	high	_____
black	house	brain	cage	_____
truck	light	sign	bus	_____

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Cook's Corner

Quick Bean and Vegetable Couscous, Quinoa or Bulgur Pilaf

- 2 tablespoons olive oil
- 1 large carrot, shredded
- 1 large onion, chopped (2 cups)
- 2 cloves garlic, minced
- 1 tomato, diced
- 4 tablespoons tomato sauce
- salt and pepper to taste
- 1 cup cooked or canned beans
- 1 cup vegetable stock *or* water
- 1 cup couscous, bulgur *or* quinoa
- 1/2 cup chopped fresh parsley
- shredded cheese to top



Heat the olive oil in a 4L saucepan with a tight fitting lid. Add the carrot and onion and sauté over medium heat until golden, the longer, the better. Add the garlic, tomatoes, pepper, salt and beans. Sauté, stirring gently, until everything is heated through. Add the stock or water, push the veggies to the sides, and bring the liquids to a full boil. Add the grain, stir once quickly, return to a full boil, cover tightly, then simmer for 10 minutes. Turn off the heat and let pot stand covered for additional absorption. Add parsley, fluff with a fork, and serve warm, topped with cheese.

Adapted from:
The New Whole Grains Cookbook by Robin Asbell.

Everyone thinks of changing humanity, and nobody thinks of changing himself.



People often say this or that person has not yet found himself. But the self is not something that one finds, it is something one creates.

The holidays are a busy time and some like to party hard to celebrate the New Year ...
Do you see yourself here?



Thanks Barb - the happy cats will have a great 2008!



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Wilmot Heritage Fire Brigades Launches Building Project

By Teresa Brown

A long-time dream may soon become reality for a group of Wilmot Township historians. The Wilmot Heritage Fire Brigades has begun plans to construct a new building to house their expanding firefighting museum.

The Wilmot Heritage Fire Brigades began in 1995, when a group of seven retired firefighters heard that the Township was planning to sell old Wilmot fire trucks that it had in storage. The group intervened, acquired the trucks, and thus began a thriving collection that today includes an impressive array of vehicles, equipment, documents, and much more.

The Brigades museum has been operating out of two temporary buildings behind the Baden fire hall. One, a donated school portable, houses smaller artifacts such as helmets, air tanks, uniforms and bunker gear, a restored hose reel, photographs, hose nozzles, sirens, and the original bell from atop Baden's old fire hall. Some of the artifacts date back to the very beginnings of Wilmot's 150-year firefighting history, and are irreplaceable. There is so much to the collection that the portable strains to store it all, let alone display it.

The other building contains six antique fire trucks, from a 1926 Ford Model T/Lorne pumper (owned by the Baden Firefighters' Association) to a 1974 International/Thibideau pumper, all of them resting in an extremely cramped, unheated space. This building also houses Brigades' newest acquisition: a rare, antique early 1800s horse-drawn hand pumper, slowly being restored by the museum's volunteers. But space for working on such treasures is nonexistent; the shed barely allows room for storing the trucks, in fact, there are two other trucks languishing outside in the elements.

But the Brigades hopes to correct this situation. The group has embarked on its most ambitious project to date in its plans to construct a new museum. In 2007, a Building Committee was formed to begin investigating the possibility of building a suitable facility to house the museum's collection, a building that would effectively preserve and proudly display its wealth of Wilmot firefighting artifacts. Over the past year, the committee, after much discussion about the growing collection requires, has



come up with tentative plans for a landmark firefighting museum.

The plans include a simple but much larger (and of course, permanent) building, with an open indoor display area for vehicles, rooms for the hundreds of smaller artifacts, a

classroom/public meeting room, administrative offices, restoration bays, an artifact reception area, kitchen, and gift shop. Also included are plans for an area dedicated to photographs to recognize and honour Wilmot's volunteer firefighters, as the museum most proudly displays the efforts of 150 years of volunteers. The exterior of the building will include not only ample parking for cars and buses, but also a facade resembling an historic firehall, welcoming visitors to Wilmot into a deeply meaningful part of our community's history.

As 2008 begins, the Building Committee continues its work, focusing now on finding land on which to build the museum. A fundraising committee will explore means by which to pay for the project. And of course, the Brigades volunteers continue, as always, their efforts to keep firefighting history alive: by driving the treasured trucks in parades and at private functions; by the backbreaking work of collecting scrap metal as a small means of income for the museum; by other fundraising projects; and by gladly accepting the frequent donations of firefighting artifacts from the community which keep the Brigades' collection expanding.

The community support received over the past twelve years has been most gratefully received by the Wilmot Heritage Fire Brigades. This support is not only essential to the museum's survival, but it also speaks to Wilmot's valuing of its firefighting history. Someday, perhaps soon, we will all have a place to gather and celebrate this rich part of our past -- this integral part of our future.

The Wilmot Heritage Fire Brigades welcomes new members, visitors to the museum, inquiries about donations, or anyone wishing more information about the building project. Please call Blain at 519-634-8153 or Teresa at 519-634-8580.

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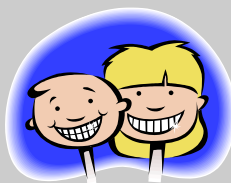
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Kids Say the Darndest Things!

Sent by Bob & Jan Price

- ⇒ A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. It was an old leaf that had been pressed in between the pages. "Mama, look what I found," the boy called out. "What have you got there, dear?" With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear."
- ⇒ On the first day of school, a first-grader handed his teacher a note from his mother. The note read, "The opinions expressed by this child are not necessarily those of his parents."
- ⇒ A woman was trying hard to get the ketchup out of the bottle. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."
- ⇒ A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with women grabbing towels and running for cover. The little boy watched in amazement and then asked, "What's the matter, haven't you ever seen a little boy before?"
- ⇒ It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking. I saw a little boy staring in at me, "Is that a dog you got back there?" he asked. "It sure is," I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, "What'd he do?"
- ⇒ A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit." "And why not, darling?" "You know that it always gives you a headache the next morning."



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**“A creative community is a healthy community.”
Let’s learn and grow together!**

CC is a network designed to bring people of the community together to share their creative skills, to learn from each other, and to be inspired to explore other creative activities.

CC will evolve as the people of Baden and area join together, one cluster at a time, to create additional exciting opportunities to learn and grow.

Scrabble Anyone?

If you would like to play Scrabble with other Badenites this winter, call Dorothy 634-8779. We could meet once or many times, play the traditional or quick versions. Let’s have fun with this creative word game.

Knitting Group

This group continues to meet the first Wednesday evening of each month (and may add a second evening). Everyone welcome, no matter your experience. Call Irene 634-8562.

Open Storytelling

Every first Friday evening of the month you can gather with other adults to listen to and maybe even tell a story in the cozy Story Barn on Snyder’s Rd. Call Mary-Eileen 634-8973.

Whole Grain Cooking



Discover the health benefits, and learn how to serve up delicious pilafs, pancakes, casseroles and cookies with whole grains such as brown rice, whole wheat, millet and quinoa.

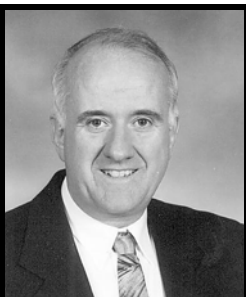
Chef Emily LePage and Nutritionist Michael Fisher will teach basic methods and elegant presentations. Sign up soon. Space limited!

Held at the Bowman residence - 634-8779
Choose Jan. 27 or 28, 7 pm.
You’ll enjoy sampling the various dishes. (see sample recipe - on page 7)
\$12 person

**CC welcomes any ideas or suggestions.
A great opportunity to meet new people!
Please call Dorothy at 519-634-8779**



A special thank you to three special Badenites (Kelly, and the others whose names I didn’t get) who stopped to help me Christmas Eve morning, when I fell and broke my ankle while walking. I required extensive surgery and am recuperating at home, looking forward to getting back to my daily walks. Sincerely, Dorothy Bowman



**DOUG WAGNER, CFP
FINANCIAL ADVISOR
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1 YR	3 YR	5 YR	TERMS AVAILABLE FROM 30 DAYS AND UP
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It's amazing that four-and-a-half months of school have already passed. This year, so far, has been full of many exciting things (and we've also fit in a lot of learning too). To prove it, teachers worked very hard to send report cards home on December 4th. Report cards would have gone home on the 3rd, but we had another snow-day! On Friday, the 7th, there was no school, but many students did go, for report card interviews. While interviews were going on, people could view books at the book fair in the library. Our school received many new books with the money raised by the book fair.

The gym has been even busier than last month with everything from try-outs to concerts. The boys' and girls' basketball try-outs took place in the middle of December. Before that, Mr. Court was also running a boys' basketball club at breaks as informal try-outs. Gym classes had been cancelled for about a week because of our seasonal concerts. The concerts were in the evening except for the kindergartens. All of the students were amazing as they performed, displaying their different talents including acting, playing instruments and singing.

On December 21st (the last day of school before the holidays), we had a "zero-day". Students did not have

to do work, instead we had: an assembly, a staff vs. student volleyball game for the senior teams, movies, a dance, a games room, and class parties. In the assembly, the classes with the best-decorated doors from each division were announced, as well as a parade of class floats. Students in grades five to eight could order pizza (compliments of Pizza Express) as a fundraiser for the grade eight year-end trip to Montreal.

At the end of November, the school asked every student to bring in one dollar for our Christmas hamper program. We raised \$670, and "made" Christmas for two families. Some BLT students went shopping and bought gifts and food for these families who live in the community. In December, Miss Cornish's class, 1C, set up a table in front of the office for people to donate old coats. These coats will go to people who may not be able to afford one on their own.

As we come into the New Year, we reflect on the joys of last year, and the excitement of the year to come. We hope that this New Year will be as filled with fun and learning as the last.

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is second best!**

Outlook Hockey Pool

Place	Name	PTS	Place	Name	PTS
1st	Dave Schnarr	529	31st	Barry Taves	468
2nd	Doug Hopenavuri	520	31st	Chris Baechler	468
3rd	Peter Walker	504	33rd	Landon Roth	467
4th	Rick Cressman	493	33rd	Quentin Martin	467
5th	Brett Fraser	491	35th	Craig Bell	466
6th	Kevin Erb	482	35th	Greg Meyer	466
6th	Nathan Boronka	482	35th	Ron Roth	466
6th	Travis Gowland	482	38th	Bob Graham	465
9th	Jody Pfaff	480	38th	Jamie Roth	465
10th	Brian Cherewka	479	38th	Russ Soehner	465
10th	Chris Funston	479	41st	Jeff Chartrand	463
12th	Adam Jantzi	478	42nd	Tracey Erb	462
13th	Colton Holba	477	43rd	Caleb Ashley	461
13th	Jake O'krafka	477	43rd	Isaac Roth	461
15th	Betty Ann Mohr	476	43rd	Steve Kinch	461
15th	Laura Flood	476	46th	Fred Vanderveen	460
15th	Scott Gingerich	476	46th	Graham Moore	460
18th	Chris Harris	475	46th	Jamie Gutzeit	460
18th	Twiggy Cook	475	46th	Steve Lehman	460
20th	Ivan Papa	474	50th	Marg Leppington	459
21st	Chris Murray	473	50th	Paul Morrison	459
21st	Tyler Naumann	473	52nd	Adam Lyon	458
21st	Tyler Randerson	473	52nd	Johnny Boronka	458
24th	Charlie Watson	472	52nd	Joshua Dewaele	458
24th	Isabelle Coxon	472	52nd	K. Fournier	458
24th	Travis Bondy	472	52nd	R Westfall	458
27th	Austin Benko	471	52nd	Shawn Brenner	458
27th	Gill Hall	471	58th	Liam Boronka	457
27th	Tyler Soehner	471	58th	Robert Earle	457
30th	Samantha Simpson	470	60th	Cameron Struth	456

Congratulations to Doug Hopenavuri
for taking the leader prize in the
Hockey Pool, winning a gift
certificate from EJ's of Baden.

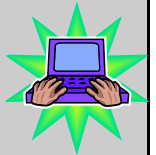
(Remember Dave, you can only win
the leader prize once!)



The lucky random draw winners are
Paul Morrison, winning a gift certificate
from **Egli's Meat Market, and Catey**
Ashley, winning a breakfast from
Teddy's Bakery.

To follow along through the season, log on to our
website at www.badenoutlook.com - the pool I.D. is
outlookhockey and the password is quest.

Stats are updated daily on the site.
The Outlook draws the stats on the 7th
of each month. To view the full list of
names click at the bottom of the page.



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You Must be Joking!

Hey Matt -Bet you've heard this before.



Three old guys are out walking.
First one says, "Windy, isn't it?"
Second one says, "No, it's Thursday!"
Third one says, "So am I."
Let's go get a beer."



Submitted by Bob Price



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

Superbowl Sunday Bash!

Join us Sunday, Feb. 3.

Watch the game on
the big screen
and feast on the
Superbowl Buffet



Interesting People: Meet Floyd Gerber, Retiring from Erb's Transport

Congratulations to Floyd Gerber, longtime employee of Erb Transport, retiring after a remarkable career with the local company. His official retirement date will be January 31, 2008.

Floyd, who grew up in Wellesley, started working in 1964 at the Schneider Cheese plant on the edge of town. After three years he left that business to drive truck for Leis Feed and Supply. One year later (May 1968) he left Leis to drive a feed truck for Vernon Erb. He was the fifth employee to be hired by Vernon, who had at that time several trucks on the road including an egg truck, feed truck, refrigerated straight truck and three tractor trailers. Vernon did the dispatching out of his home and the trucks shared a parking lot with the Wellesley Cider Mill.

In Floyd's first year, he drove the feed truck mainly picking up bulk feed at the Ralston Purina Plant in Woodstock and delivering it to local turkey farms. As business increased, they moved their terminal to the site of Jacob's Car Sales in Wellesley and Floyd's job included delivering eggs from local suppliers to the Dominion Foods warehouse in Toronto.

With business growing it moved to their current home in New Hamburg on Hamilton Road. Floyd spent the next ten years driving long distance runs, mainly to Quebec delivering turkeys and every second week to the Maritimes for Erb Transport for Home Hardware. He always enjoyed driving a truck and still does.

By 1980 Erb Transport required fifty drivers on the road. Floyd saw an opportunity to help the company as a driver supervisor. He started from scratch, with no training, personnel records or policies in place. Erb Transport experienced a 30 to 40 per cent growth rate through the 80's and, with the ever increasing government regulations, it was important to put a plan in place.

Today, as VP of Human Resources, Floyd gives direction to areas concerning H.R. policies and compliance, employee recruitment and retention, occupational health and safety, labour matters, wages and benefits, insurance and environmental risk management. There are currently over 1,000 employees at one American and nine Canadian terminals. All of these programs were implemented in part by Floyd who had no formal education in these areas.

Although there are many government regulations that have to be followed, Erb Transport, through Floyd has implemented its own additional policies. An example of this is that a newly trained driver, through a private firm, has to go through a lengthy process to be employed at Erb Transport: a medical examination; a pre-employment drug



and alcohol test; a road test; three days of classroom training; and three months of driving together with a certified professional driver. In 1989 Erb Transport had 620 employees with 159 compensation claims, while in comparison, in 2007 they had 1062 employees and only 72 claims. All of the policies have made Erb Transport one of the safest trucking companies in Canada.

Erb Transport is a non-union workplace. In 1977 - with increased employment hence more political issues - Floyd became involved in creating an employee group. The group today, which

has representatives from all divisions of the company, contributes to creating company policies. Issues such as dispatch methods, holidays, health and safety issues etc. are dealt with by the group and management. They have managed to keep all in-house issues resolvable.

He will be missed at Erb Transport, but he recognizes that this is a great opportunity for Erb Transport to restructure its staff and to hand the reins to someone with formal training. Floyd, who over time has learned to juggle his work days, claims that he will take the next year to adjust to retirement life. He and his wife Pat enjoy boating and they plan to travel. Floyd is an avid fisherman and hunter and has a passion for flight simulation. He will remain on the Board of Directors at Erb Transport.

Floyd looks back with pleasure at his growth with the company - challenged, and succeeding innovatively - under the leadership of Vernon and Wendell Erb.

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Oooh -la -la!



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"I love Spanx, I love Spanx. I wear Spanx every single day. I've given up panties. I wear Spanx!" - Oprah Winfrey

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Thursday & Friday - 8 pm

Happy New Year from the Baden Branch Library!



Family Literacy Day 2008 is Sunday January 27. This is the tenth anniversary of this event which celebrates families reading and learning together. Robert Munsch is the honorary chairperson. Did you know it takes him an average of five years to write one book? You can find out nine more interesting facts about Robert Munsch at www.abc-canada.org. The library has lots of Munsch books to borrow – how many have you read? Come and see how the library is celebrating Family Literacy Day!

The library has lots and lots of NEW paperback books for children and young adults. Drop in and check them out! New adult paperbacks will be arriving soon.

Copies of "Historical Driving Tours in Waterloo Region" are still available for purchase at the library for \$2 each. Historical sites and rural points of interest are listed for each of the four rural townships. Get to know the Region of Waterloo and all it has to offer!

Spaces are still available for the "Just For You Baby" story time beginning Thursday Jan. 24 from 6:45 – 7:30 p.m. for six weeks. Sing songs, listen to stories and meet new friends! Call the library at 519-634-8933 for more information.

By Chris Baechler, Assistant Supervisor, Baden Branch

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****BOOK BEFORE END OF FEBRUARY AND RECEIVE FIRST HOUR FREE!****

"AVERAGE" HOME BETWEEN \$80-90 + GST
(some supplies included)

Ed's Syllable Sillies

Fill in the answers to the clues by using all the syllables in the sylla-box. The number of syllables used in each answer is in brackets. The number of dashes indicates the number of letters used for each answer. Each syllable may only be used once. Here is an example:

Spring flower (3) _ _ _ _ _ _ _ _ (answer: daff/o/dil)

ac ard ate ax bar ca cel chief clu con con cor dis e er er
et fa gal hand haz in jack ker li lo lol look mal ni out ple
pop quad rect ru ser sion tend ter tigue tion tive ty va y

1. To move faster (4) _ _ _ _ _
2. Matt Rolleman, for one (3) _ _ _
3. An outcome -the end (3) _ _ _
4. To multiply by four (3) _ _ _
5. Mr. Albrecht's party (4) _ _ _ _
6. A cloth for the nose (3) _ _ _
7. A short coat (2) _ _
8. Existence without end (4) _ _ _ _
9. Place or position (3) _ _ _
10. Danger or peril (2) _ _
11. To be very tired (2) _ _
12. Candy on a stick (3) _ _ _
13. A large system of stars (3) _ _ _
14. Depressing or gloomy (2) _ _
15. Inaccurate or untrue (3) _ _ _
16. A great Wilmot newspaper (2) _ _

Answers are on page 20

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7 am -10 pm

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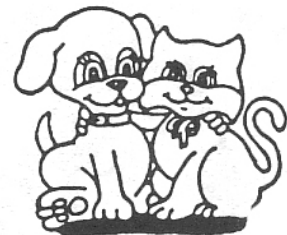
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Heritage Day 2008

Each year Wilmot Township celebrates its rich history. Heritage Wilmot is gearing up for its annual Heritage Day set to take place on February 23, 2008 at the new Wilmot Recreation Complex. The location is fitting, as the theme is *Sports, Recreation and Leisure* in Wilmot Township.

What sports were played in Wilmot? What were the favourite recreation or leisure activities from long ago? Are any continuing on today?

The Committee is inviting the public to become involved in this annual event. They are seeking memories and experiences to share, especially memorabilia that relates to the theme. It could include objects, photographs or oral histories. However, the items need to reflect the pre-1958 period if possible. The Committee invites all residents (young and young at heart) to create a display of their own for the special day. Display boards will be provided.

For more information you may contact:
Donna Hartzler 662-3978 or dhartzler@rogers.com
Tracy Loch 634-8444 or tracy.loch@wilmot.ca

Baden Ladies Softball Team - 1925 Champions



Wilmot Centre Baseball Team - 1922

Theme: Sports, Recreation and Leisure

Date: February 23, 2008

Where: Wilmot Recreation Complex

Definition of "Sports, Recreation and Leisure"

Sports - Sport is an activity that is governed by a set of rules or customs and often engaged in competitively

Recreation - Activities people participate in for fun or relaxation; recreation is active for the participant but in a refreshing and diverting manner.

Leisure - Leisure is more likely a form of entertainment or rest; freedom to choose a pastime or enjoyable activity

Activities likely to have occurred in Wilmot Township:

Sports: Hockey, Soccer, baseball, basketball, tennis, Lacrosse, wrestling, harness racing, football, track and field, bicycling, hunting, archery, fencing, snow shoeing etc.

Recreation & Leisure: Fishing, swimming, boating, lawn bowling, croquet, picnicking, concert bands, tattoo? Car derby? Quilting, gardening, board games – crokinole and skittles, snowmobiling, tobogganing, skiing, 4H, Women's Institute etc



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BOWLING BIRTHDAY PARTIES OUR SPECIALTY!



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NOTES FROM THE ATTIC: *Baden Business in the 30's and 40's*

Baden in the 30's and the 40's was a thriving community with many businesses. During a recent visit to our neighbours, Mike and Norma Weiler, we were filled in on each business with some information on each company. We will share this with you.

Snyder's Road - North side of the road

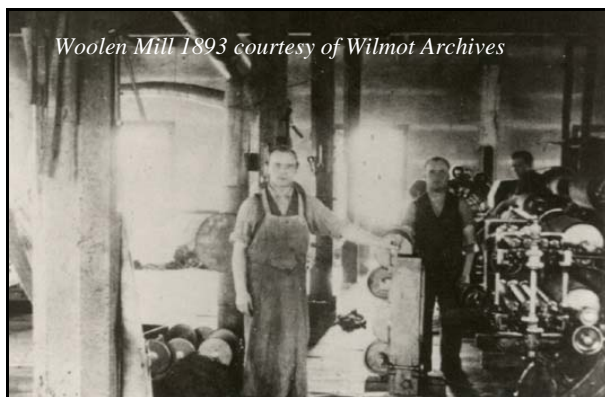
1. Somerville's Garage – Originally owned by Mr. Kaufman, located at 272 Snyder's Road East – and sold to Tom Somerville Sr., who opened a garage, (B/A Gas) specializing in automotive repairs while Mrs. Somerville served lunches from the lunch bar. The business was then sold to Bernie and Martha Schult, (Arrow) then purchased in 1980 by Len Schwartztruber - Baden Service Centre (Ultramar, then Shell). He closed it in June of 2003 - then sold to the Musselmans in January 2004, now Baden Automotive.

2. Sam Roth Service Station – Located at 162 Snyder's Road East – currently the home of Egli's Meat Market. Sam Roth started this garage in the 30's. He started out as a McCall Frontenac gas station then later switched to Texaco. Egli's retail space was a lunch bar, where they sold lunches and soft



drinks. Automotive repairs were made in the back of the building. The business was sold to Bill Petznik who ran the business into the late 70's when it was sold to the Herner Wood, and then three years later, to Egli's Meats.

3. Woollen Mill – The large building behind Egli's Meat Market at 9 Brubacher Street was originally a sawmill starting in the mid 1800's. It was then converted to a woollen mill in the 30's, a chick hatchery in the 40's, a meat shop/abattoir and meat locker in the 50's and 60's and then converted to a residence.



Woolen Mill 1893 courtesy of Wilmot Archives

4. Decker Blacksmith Shop – There was a hotel at the west corner of Brubacher and Snyder's Road East. This was torn down in the 30's to make way for the Blacksmith shop. The Deckers built their home at 134 Snyder's Road (the older main building of Vesper Springs Manor) beside the shop. The Blacksmith shop did carriage repairs, metal work and placed shoes on



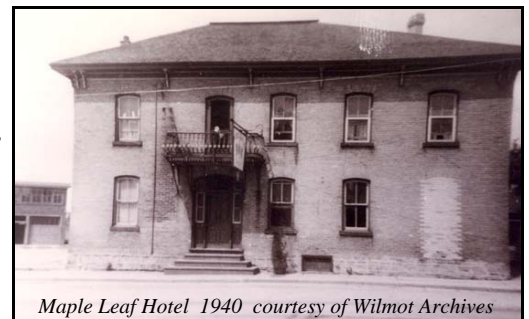
Blacksmith Shop - courtesy Ray Gingerich

horses. In the early 80's the shop was torn down to make way for Vesper Springs Apartments.

5. Bill Brueckner Harness Shop – Located at 118 Snyder's Road East (current home of Stop2Shop convenience store). This shop ran in the 30's and 40's. Mr. Brueckner was also a beekeeper with hives on the hill behind Stop2Shop. The shop was converted to residences and was eventually torn down in the 70's to make way for the new TD bank. This was later converted to the convenience store in March of 2001.

6. Heidlinger Shoe Store – Located at the west corner of Foell and Snyder's Road East (86 Snyder's Road E.). This shop was originally a shoe store owned by Fred Daub in the late 1800's. In the 1920's it was sold to William Heidlinger. The store ran until the early 60's when it was sold to Milt Littwiller as a Barber Shop. Later it was the Village Fabric Shop (1969-1980), Pat's Furniture Refinishing (1982-1988) and Marianne's Café (1989 to 1999).

7. Maple Leaf Hotel – Located across from Baden Auto Spa at 72 Snyder's Road East. This hotel was originally built in 1885 and operated until the late 1980's. It was owned by a variety of owners and was a popular meeting place for the locals. It was famous for its German fare.



Maple Leaf Hotel 1940 courtesy of Wilmot Archives

8. Ed Reick Butcher Shop – Located at 50 Snyder's Road East across from The Emporium building. In the 30's this butcher shop was known for high quality meats. He kept his race horses in the barn behind the meat shop (locals enjoyed see him ride the block while training his horses) and he also had a coal

(Continued from page 18)

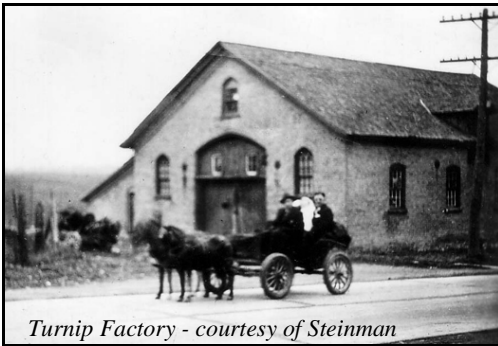
business at the railroad station. It is unclear when it opened or closed but it was a reputable business in town. It is now Woodworkers Haven.

9. Louis Seip Barbershop and Billiard Hall – Located at 36 Snyder’s Road East. This was a local hot spot in the 30’s and 40’s. After the war, Norm Weber purchased the business. Eventually he moved the billiards out and converted that area into a convenience store. Later he sold the business to Gord Newmaster who ran it until the mid 80’s. For a while it housed a printing shop on one side and K-Kuts on the other followed by Funky’s Pizza. In the early 90’s the business became Hairworks.

10. Turnip Factory – Located across from EJ’s just east of Tim Horton’s. The building was the original livery stable for Castle Kilbride. The business was owned by Stovel Limited and was run by Gideon Boshart (started in the late 30’s). The plant, which processed turnips, ran until the early 50’s. It was then converted into a stable by

Hap Veitch and then burned down on February 18th, 1992.

Thanks to Raymond Gingerich, Tracy Loch, the Steinman Family and Mike and Norma Weiler. Be sure to check next month to learn of the south side of Snyder’s Road.



Turnip Factory - courtesy of Steinman

You Must be Joking!



An elderly couple had dinner at another couple’s house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, “Last night we went out to a new restaurant and it was really great. I would recommend it very highly.”

The other man said, “What is the name of the restaurant?”

The first man thought and thought and finally said, “What is the name of that flower you give to someone you love? You know... The one that’s red and has thorns.”

“Do you mean a rose?”

“Yes, that’s the one,” replied the man. He then turned towards the kitchen and yelled, “Rose, what’s the name of that restaurant we went to last night?”



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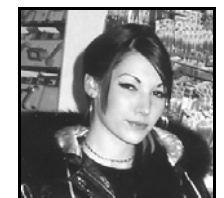
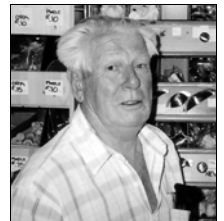
Bob & Jean Wood

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

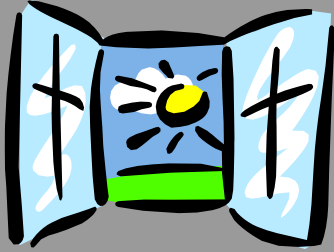
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Sunday - Closed
Thursday & Saturday at St. Jacob’s Farmers’ Market



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Sunday Worship 9:30 am

Sunday School - 10 am

Minister: Rev John Deyarmond - 747-9902

Contact Person: Wendy von Farra - 662-3002



Come join us in praise.

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



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www.wilmotcentremc.org

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R.R.#2 Petersburg, Ont.

Rev. Don Mills
Rev. Wayne Domm

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



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

Where there is hope for the future



Steinmann Mennonite Church

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

Children's Club
Youth Group - Friday
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Worship: Sunday, 9:45 a.m.
Sunday School: Preschool - Adult, 11:00 a.m.



634.8311 www.steinmann.on.ca.mennonite.net

Answers from Syllable Sillies from page 16

- | | | |
|-----------------|--------------|---------------|
| 1. Accelerate | 7. Jacket | 13. Galaxy |
| 2. Bartender | 8. Eternity | 14. Dismal |
| 3. Conclusion | 9. Location | 15. Incorrect |
| 4. Quadruple | 10. Hazard | 16. Outlook |
| 5. Conservative | 11. Fatigue | |
| 6. Handkerchief | 12. Lollipop | |

Answers from Outlook Word Match - page 6

- | | |
|---------|---------|
| 1. air | 3. bird |
| 2. ball | 4. stop |

A BOOKLOVERS DREAM

If the idea of sitting down in front of a fire with a good book has you wildly excited, you need to make a stop at the New Hamburg Thrift Centre! With 53 designated sections in the book area - anything from cookbooks to history - it's a Booklovers Dream!

Books have always been part of the merchandise offered at the Thrift Centre and the book department has continued to evolve over time. Years back, all books were priced at 50 cents for paperbacks and one dollar for hardcover books. One day a donor came in with many good quality books; the donation came with a catch ... he would donate them "only if they were priced accordingly." A special display was created and in a matter of days all the books sold at much higher prices. Volunteers began to wonder if they could regularly price books more appropriately. With this change, the quality of donations continued to change too.

A book dealer was in the shop one day perusing the older Nancy Drew and Hardy Boys books on display. He made the comment that he was glad to see that the shop charges fair prices for these oldie goldies. He then proceeded to purchase a number of them!

MCC really benefited from a numbered and autographed history book about Berlin, Ontario (Kitchener.) Volunteers struggled with what price to charge. In the end, the shop received \$100 for one book. Volunteers and staff continue to be amazed at the number and quality of book donations that come through the back doors. Most books today cost between 50 cents to four dollars - with special exceptions of course! On average the shop's book department generates \$6,600 per month. That's almost \$80,000 per year!

Not all donated books can be used though - old encyclopedias, damp and musty smelling books, magazines that have been clipped, etc. Although the Thrift Centre discourages these donations, books that cannot be used are recycled.

Whether you are looking for magazines, current fiction, religion, craft books, music, vintage books or home schooling resources, this is one stop you can't miss!

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



Snowed In?!?

**We have a large selection of
board games, puzzles, videos,
needlecraft, etc.**

**Or snuggle up in one of
our denim comforters or
velour quilts!**






All proceeds benefit
the work of
Mennonite Central
Committee

REGULAR HOURS

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

We take our health seriously but we still need to have a little fun!

- ⇒ The four food groups: Fast, Frozen, Instant, and Chocolate. 
- ⇒ A friend got some vinegar in his ear, now he suffers from pickled hearing. 
- ⇒ Overweight is something that just sort of snacks up on you.
- ⇒ Sign in restaurant window: "Eat now - Pay waiter."
- ⇒ "I thought you were trying to get into shape?" "I am. The shape I've selected is a triangle." 

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Shop-Hours

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



Baden Scouting Association Pancake Supper



Tuesday, February 5, 6-8 pm
Centennial Hall,
35 Beck Street, Baden

Tickets Available at the door.

Price is \$5 each or

\$20 for a family of five.

We appreciate your support!



For more information call Deb at 634-8597

SUPPORT GROUP FOR PARENTS

Parents linked with our Community to assist in the need for Support, Awareness and Empowerment against narcotics.

Meeting Monday Evenings at 8 pm
Trinity Lutheran Church
23 Church Street, New Hamburg
Martin Luther Room (upstairs)



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

Interfaith Community Counselling Centre

23B Church Street, New Hamburg, ON N3A 1J1
519-662-3092 / interfaith@golden.net

25TH ANNIVERSARY CELEBRATION

and Annual General Meeting
Monday, February 18, 6:30 pm
Steinmann Mennonite Church
Buffet Dinner - Catered by the Waterlot

Featuring "Five on the Floor"
(Bluegrass Gospel and Folk)

\$40

Wilmot Horticultural Society's 6th Annual Garden Explosion Seminar

Saturday, February 2, 2008 - 8:45 a.m. - 3:00 p.m.

New Dundee Community Centre
1028 Queen St. New Dundee

Early Bird Registration - before January 18, 2008 - \$35

Registration - after January 18, 2008 - \$40

To Register - Contact Ms. Judy Rivers,
R. R. #1 Plattsville, ON, N0J 1S0



Wilmot Horticultural Society

Monday, February 11, 2008

Haysville Community Centre - 7:30 p.m.

Speaker: Brenda Campbell -

Cozyn's Garden Gallery, Stratford

Topic: Container Planting - Using New Cultivars

Free Admission - Everyone is Welcome

Another Cool Move



Calling all Hockey Fans & WCSWR Supporter!

Women's Crisis Services of Waterloo Region is proud to present **Hockey Night in Waterloo Region** with NHL Hockey Legend, Darryl Sittler.

Women's Crisis Services of Waterloo Region is a not-for-profit charity that operates two emergency shelters, Anselma House (Kitchener) and Haven House (Cambridge) plus a regional Outreach program for women and children escaping abusive relationships.

As domestic violence continues to be a significant problem in our region, Women's Crisis Services of Waterloo Region relies on the *generous support and sponsorship of our community* to help provide vital services to abused women and their children. Hockey Night in Waterloo Region is an exciting way to involve families and the community in this worthwhile cause, while sharing in Canada's favorite winter sport.

Hockey Night in Waterloo Region is **Saturday**

February 16TH 2008. This exciting event will include a **Live Toronto Maple Leafs Game on Jumbo Screens (Toronto vs Boston)**, a delicious **hot dinner buffet**, many exciting **auction items** and **fun for the whole family**. **Hockey legend, Darryl Sittler**, will share with you some of his greatest hockey stories. Held at St. George Banquet Hall on King St. in Waterloo, it's sure to be a great night out.

So, why not get involved, get out your favourite Hockey Jersey, buy a ticket, a table, or offer a sponsorship. Come out to enjoy **Hockey Night in Waterloo Region**. **You can help to make this fundraiser a success. Hockey night, done right!**

For more information contact Shelly Friesen, Event Coordinator at Phone (519) 653-8966 x239 Fax (519) 653-0902 or email shelly.friesen@wcswr.org

the Health & Wellness Page

Preventing Heart Disease and Reversing Aging Naturally

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

The rusting of your car is not very different from the aging of your skin.

When the metal on cars is exposed to the elements it is vulnerable to damage by other minerals and chemicals, but especially *air*. Air has oxygen in it which reacts to metals causing rust. This process is called *oxidization*. The metal will continue to rust, as long as there is more air and metal exposed. Some substances can produce oxidization as well. For instance, place a nail in a cup of pop and the nail will rust, as it reacts with the metal to *create* oxidization.

Much like metal, our tissues will react negatively with certain substances. Sugar, for instance, (which is found in most packaged food items in the grocery store) oxidizes our body, particularly our skin and arterial tissues. Oxidization is what is responsible for aging, as well as the deterioration of our arteries.

Oxidized arteries can cause heart disease, high blood pressure, high cholesterol, and can contribute to many diseases.

When the arteries start to oxidize, lesions begin to occur. For instance, if we poured pop onto a wound, it would burn the skin and eat away at the tissue. This happens from the inside too. In order to protect the artery, the body produces cholesterol to cushion the area - like a scab. This scab protects the lesion, and prevents further oxidizing and damage to red blood cells. But if we continue eating the same foods that create the original lesions, we will continue to collect more and more lesions, and more and more cholesterol, reducing the passageway in the arteries, leading to higher blood pressure.

Is cholesterol to blame?

It seems the solution to this problem is not to reduce cholesterol, but rather reduce and heal the lesions in our arteries. Studies show when these lesions heal, the cholesterol breaks down and the cholesterol and blood pressure levels return to normal.

Antioxidants reverse oxidization

Consuming foods that are high in anti-oxidants (think 'anti-rusting' agents) and mineral rich foods, will help repair our damaged, oxidized tissues, lesions, wrinkles and heart. If lemon juice has the power to strip the rust off of a nail, then it also has the ability to reverse the oxidization that has occurred to our body. Foods high in vitamins A, C, and E contain anti-oxidants - the vitamins themselves *are* the anti-oxidants. As well as mineral rich, and typically, dark, yellow or red coloured plant foods are also excellent sources of these vitamins. Examples of anti-oxidant rich foods are: dark leafy greens such as spinach, kale, chard or collard (see chart).

Healthy Anti-Oxidant Rich Foods	Damaging Free Radical Foods (oxidants)
Dark Leafy Greens	Sugar
Fruit esp. Berries, Citrus	Alcohol
Beets, Carrots, Yam	Highly processed food
Whole Grains	Deep-Fried Food
Broccoli	White Flour
Green Tea	Hydrogenated fat
Fresh, Raw Nuts & Seeds	Additives & Preservatives
Sprouts & Grasses	Meat (in excess)
Legumes, Deep, Cold Water Fish	Rancid Oils (stale nuts, old oil, pastries, chips)
Garlic, Onions	

Red wine and chocolate have been recently deemed healthy for us, as they contain anti-oxidants, but alcohol and sugar *are* oxidants making them a poor excuse for healthy food. Dark, unsweetened chocolate that does not contain sugar would be ideal, but consuming sugar does more damage than the chocolate does good!

Preventing heart disease and aging

Consuming lots of anti-oxidant fruits, vegetables, legumes and whole grains is a great way to protect, heal and restore your body, but avoiding foods that oxidize (also known as 'free radicals') is also very important.

Sunlight, pollution, radiation (even from a microwave), and smoking cause high levels of oxidization. The highest food sources of free radical damage to the body are sugar, alcohol, white flour, meat, hydrogenated and rancid oils/fats (including stale nuts and deep fried foods) and processed foods. Additives and preservatives can also cause damage, so, as always... **Eat Fresh, Whole Foods!**

The information in this article is for educational purposes only. It is not intended to replace diagnosis or treatment by a qualified health care practitioner.

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