

February 2006, The Baden Emporium closed its doors for the last time. The historic property has sat empty, with the exception of the Old Tin Shoppe running its business in the green building on Snyder's Road. The 8,000 square foot main building provided space for 183 vendors, a café as well as a retail location for the Baden Coffee Company. The additional buildings housed many businesses over time such as Baden Creek Pottery, Rose Coloured Glass and Northern Barn Furniture.

See story on page 4.

## Inside this issue:

Talking with Ed
Better late than never!
It's a New Era for
Baden Emporium
Greetings to our long distance readers
Winners of the Outdoor Decorating Contest
Outlook Hockey Pool
stats... are you leading?
Welcome Raydan Manufacturing to Baden

Interesting People
Meet Keith Thou
Business Profile:
Mario's Reflexology
Getting Back on the
Wagon with Mike
"Keeping the Community Connected"

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## Talking with Ed... Better Late then Never?? The Show Must Go On!

The $12^{\text {th }}$ of the month - the time had come, to start printing the December Outlook. The $15^{\text {th }}$ fell on a Monday last month which always caused some challenges getting to the mailbox in time. With our work schedules, Pat and I weren't able to begin printing until Friday, with expectations of completion for Monday.

We prepped ourselves for the 22 -hour print marathon: we ordered in dinner, beverage of choice, cards and movies with the intention of keeping ourselves entertained throughout the weekend. A final examination and of course last minute adjustments were completed before we got into full swing.... Finally we pushed 'Start'; ten copies were printed, folded, stapled and spat into the hopper, and the printer suddenly died. There were flashing lights, error codes and loose mechanical bits exposed.

During the past three and a half years - since purchasing our Canon IR600 printer and printing our publication at home - we have encountered several breakdowns and, through trial and error, have been able to learn which knobs or buttons to push to rectify the situation. But, with loose mechanical bits involved we knew we needed to call for service. Typically our maintenance agreement has served us well, with technical support being prompt; but this was Friday night...Yikes! We placed the call and anxiously awaited a response from someone checking their answering machine. But reality soon set in - we were on our own until Monday. We despaired, surrendered and moved on. Christmas was coming, and we had lots to do.

Monday morning (December 15) we went off to our jobs, quietly fretting about the date, knowing the paper wasn't going to be published any time soon. It wasn't until Pat was home, at 4 pm that she escorted the service technician to our printing room; and only minutes later the flapping broken part was replaced. No worries, the 22 -hour print marathon could proceed, unflappably. It was a long night, and we recruited our son from his busy life on Tuesday (thank you Mike) so we could get to our day jobs. Our goal was for at least 1290 copies to be ready for the post office for next day delivery (which
would have been Wednesday, the $17^{\text {th }}$ ). At 5 pm I scurried to the post office to explain my dilemma, trusting that the papers would be in
 Baden mailboxes by the next day. Unfortunately and sadly, the postal workers had other priorities, and the Outlook didn't get into the mail until Thursday, the $18^{\text {th }}$.

Well, by now the phone was ringing and people around town were quite concerned about the December Outlook... "What is going on? Did you get yours?" With many sincere apologies and lengthy explanations we became a bit sheepish around town. We hid behind trees, wore dark glasses and hoped the paper would soon be in the hands of our readers.


We do apologize for the inconvenience and tardiness of the last issue, and hope you now understand what went wrong. We also want to thank you for being such faithful readers. We were embarrassed but also tickled to realize how eager many Badenites are for our monthly publication. Happy New Year from The Baden Outlook!

Whew... until next month...Ed.



ATTENTION: IF YOU DO NOT RECEIVE YOUR PAPER...

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


The Baden Outlook travelled to beautiful Cabo San Lucas Mexico in December. In the background is the famous Los Arcos!
Let's see where else the Outlook can go? Send us your holiday pics with The Baden Outlook on the go.

Email sent by Sylvia \& Al Forbes who took their Outlook with them on their holiday... we sure feel warm and relaxed now. Thanks for putting the sunshine into our lives.

## Dale's "Relief Nanny / Respite

 Support Services" for Seniors and Children - - making your stress, less --

START THE NEW YEAR RIGHT!
Take an hour or two a week to concentrate on you! Go for regular walks, join a gym, or have coffee with a friend! Will come to your home to sit with your children, or stay with a senior member of your family while you are out.

References available.
Accreditation in Daycare Management, Respite Care Training Certificate, First Aid/CPR -AED (C) - Certificate.
Call or email, to make a free, get-acquainted appointment. Dale Weber 519-634-8652 dlw_ca@yahoo.com



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## Baden Emporium Complex Sold

Musien Musa, the latest to be part of the Emporium building's history, has purchased the five building complex as of December $18^{\text {th, }} 2008$ and has big plans for its future. Musien is no stranger to the Baden - New Hamburg area. He has been the Course Director for Dominion Driving Schools for 17 years with outlets in Kitchener, Waterloo and Cambridge. For seven years he owned the Dominion Driving School on Huron Street in New Hamburg. He sold the business to PT Driving School several years ago.

One of his plans is to reopen a Dominion Driving School branch above the Olde Tin Shoppe, currently occupied by the Baden Model Railroad. This will happen soon and Musa is excited about being back in the area as a driving instructor.

The property consists of 1.6 acres and he is considering tearing down the three buildings at the back of the property. This would provide room for a possible new building or parking space.

Musien Musa intends to convert the main building into a fresh produce market. He has been in contact with many vendors at the Kitchener Farmers' Market and has enquired if they would spend three days at the Baden location. Currently the vendors in Kitchener are open Wednesday and Saturday and Musa would like them in Baden on Thursdays, Fridays and Sundays. Local food growers are welcome to call him if they are interested in space in the complex. All this should be functioning by the spring.

The other idea that he is considering is to convert the upper floor of the Emporium into office units. The town is currently going through a growth spurt and he is confident that the community would embrace such a venture. Musa's dream has the makings of a revitalization of an integral part of town. All of these plans are dependent on financing and permits. For more information call Musien Musa at 519-576-4494 or e-mail him at musien@golden.net


The history rich building in 1908 commercial location for the town in earlier days. The west side of the Emporium was originally a Purina feed store, then a general store, funeral parlour and furniture store. It was owned by the Steinman family from 1904 to 1994. The east side was a car repair and dealership, and White Rose/Shell gas station, owned by the Bechthold family, from 1931 to 1977. Bechtholds sold the building to the Steinmans. The green building was a tin shop owned by the Sehl family, 1883 to 1971 . The complex is rich in history, as previously featured in our "Notes from the Attic" column.

## THE YEAR 1908

This will boggle your mind. The year is 1908 - one hundred years ago. What a difference a century makes!
Here are some statistics for the Year 1908 in Canada:

- The average life expectancy was 47 years.
- Only 14 per cent of the homes had a bathtub.
- Only 8 per cent of the homes had a telephone.
- There were only 8,000 cars and only 144 miles of paved roads.
- The maximum speed limit in most cities was 10 mph .
- The average wage in 1908 was 22 cents per hour.
- The average worker made between $\$ 200$ and $\$ 400$ per year .
- A competent accountant could expect to earn $\$ 2000$ per year,
- A dentist $\$ 2,500$ per year, a veterinarian between $\$ 1,500$ and $\$ 4,000$ per year, and a mechanical engineer about $\$ 5,000$ per year.
- More than 95 per cent of all births took place at $H O M E$
- Ninety per cent of all doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as 'substandard. '
- Sugar cost four cents a pound.
- Eggs were fourteen cents a dozen.
- Coffee was fifteen cents a pound.
- Most women only washed their hair once a month, and used Borax or egg yolks for shampoo.
- Canada passed a law that prohibited poor people from entering into the country for any reason.

Five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke


Crosswords puzzles and canned beer were unknown There was no Mother's Day or Father's Day.

Email Submission by R. Price

Nith Valley Animal Hospital


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## Baden Minor

 Softball RegistrationFirst registration is Saturday, Feb. 21, 10 am-1 pm at Centennial Hall, Beck Street, Baden

Second Registration is Thursday, Feb. 26, 6-8 pm At Wilmot Township Hall - Castle

Further information call Bob at 519-634-8437




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Academy Gardens - Getting to Know, and Watching it Grow

A much anticipated new development is now under way in Baden. Academy Gardens, built by Citadel Homes has begun construction of their $1,635 \mathrm{sq}$. ft . Harvard model home and is now selling three semi-detached plans ranging from 1,439 to 1,635 square feet. Citadel Homes is excited to be able to offer semi detached homes of this size priced from $\$ 209,900$. While keeping the price competitive, Citadel Homes continues to build lifetime quality homes with many upgrades so that purchasers do not have to invest thousands of additional dollars to create their dream home. Included in the purchase price, homeowners have the benefit of an ENERGY STAR ${ }^{\circledR}$ qualified home, allowing homeowners the potential to save thousands of dollars on energy costs.

Upon completion, Academy Gardens will feature 34 semidetached homes within the condominium community. The project will include architecturally designed streetscapes, a playground area, common courtyards and a community trail, all carefully landscaped. The project was named Academy Gardens because the community is being developed on the site of the former Baden Public School. The plans available to be built are named after prestigious learning academies and Whiting Way, the name of the street inside the community, is named after the first principal of the Baden School.


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519-634-1112 26 Foundry Street, Baden reswa

This uniquely designed community will be unlike anything available in Baden. Academy Gardens allows first time buyers to enter the market place at an affordable price while enjoying single detached-sized square footage. The set back garages are an attractive attribute of the exclusive design of this community.

Visit Academy Gardens, offering first time buyers great price and lifetime quality and surprising space - A new community concept.

Academy Gardens Presentation Centre is located at 276 Charlotta Street, Baden
Open Saturday and Sunday from 1-4 pm and Monday and Tuesday from 4-7 pm
For more information call Christine Peck 519-778-7717

## You Must Be Jaking!!

Excuse me... I have a question $\Rightarrow$ Why isn't the number 11 pronounced onety-one?
$\Rightarrow$ If four out of five people SUFFER from diarrhea...does that mean that one out of five enjoys it?
$\Rightarrow$ Why do croutons come in airtight packages? Aren' $\dagger$ they just stale bread to begin with?
$\Rightarrow$ If a pig loses its voice, is it disgruntled?
$\Rightarrow$ If a person who plays the piano is called a pianist, then is a race car driver a racist?
$\Rightarrow$ If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?
$\Rightarrow$ If FedEx and UPS were to merge, would they be called FED-UP?
$\Rightarrow$ What hair colour does a bald man use on his drivers license?
$\Rightarrow$ If a cow laughed, would milk come out of her nose?

Holy Family School Spaghetti Supper and Silent Auction Thursday January 29, 2009 2 sittings 5:30 and 6:30
$\$ 25.00$ for a family Adult $\$ 8.00$ child $\$ 6.00$
Please buy tickets in advance by contacting the school at 662-1734

## Wilmot Horticultural Society

Garden Explosion Seminar Saturday February 7, 8:45 am -3 pm New Dundee Community Centre Speakers: Jack Kent - The Potting Shed Donna Swinson E Dawn Tomlinson - Lilies White Wear Orange on February 7th
Registration: \$35 advanced... \$40 after January 26
For more info contact Call Judy Rivers - 519-696-3180
Monday, February 9, 7:30
Wilmot Recreation Centre, 1291 Nafziger Road, Baden Topic: Invasive Species -
Speaker: Larry Lamb - Dept of Environment, U of W

## 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)


# Baden Firefighters' Association Annual Dance 

Where: St. Agatha Community Centre When: Saturday, January 24, 2009 Time: 8 pm to 1 am Price: \$10/person (Age of Majority)

Tickets are available from all firefighters and at Teddy's Bakery or Email: bfdassoc@hotmail.com

* 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.

> This space is generously donated by Erb Transpart to support community events


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Monday to Wednesday $10 \mathrm{am}-5 \mathrm{pm}$
Thursday $10 \mathrm{am}-6 \mathrm{pm}$ Fríday $10 \mathrm{am}-7 \mathrm{pm}$ Saturday 9:30 am-3 pm

## Happy New Year to aur Special Lang Distance Readers

## Greetings to our readers from around the world.

We want to know who you are - all 800 of you.
We watch you each month on Google Analytics- a google website that monitors and records all hits (visitors) on our website. It identifies and tallies daily traffic from those who read The Baden Outlook on-line.

We are excited to see you each month from England, Spain, New York, California, Wisconsin, Florida etc... What an amazing time to be on this great big planet! - People everywhere can read our wee paper. We are astonished that folks beyond Wilmot Township have an interest in it. We typically have 800 visitors a month and we want to say hello to you all.

We don't know who you are but we send our best wishes and thank you for your interest in our paper and for being part of our lives in Baden, Ontario, Canada. We wonder if you have family or friends here, or perhaps some family history. We invite you to introduce yourselves and tell us why you read The Baden Outlook.

Pat and Barry

Let's Play Triplets - You will know these threesomes, but the last word is missing. Can you reunite the triplets?

1. Tom, Dick and $\qquad$
2. Faith, Hope and $\qquad$
3. Lock, stock and $\qquad$
4. Hook, line and $\qquad$
5. Tall, dark and $\qquad$
6. Wine, women and $\qquad$
7. Healthy, wealthy and $\qquad$
8. Love, honour and $\qquad$
9. Butcher, baker and $\qquad$
10. Sugar ' $n$ ' spice and $\qquad$
11. Stop, look and $\qquad$
12. Bach, Beethoven and $\qquad$
13. Winken, Blinken and $\qquad$
14. Baubles, bangles and $\qquad$
15. Animal, vegetable or $\qquad$
Answers are on page 16


Now Parents? Now At Home?

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St. James Lutheran Church
Information and to Register:
Chris: 519.634.5929
Arlene: 519.634.8904
Donna: 519.634.8164

We hope our readers had a happy and healthy holiday and are filled with new zest for the upcoming year. There is a lot of hype and hope with the turning of the calendar. New Year's Day has been a celebrated for centuries, but New Year's Day wasn't always recognized on January first.

Our calendar is a combination of three calendars forged into one (the Solar, Julian and Gregorian). The Julian calendar, introduced by Julius Caesar in BC45, was a solar calendar with months of fixed lengths. Every fourth year an intercalary day was added to maintain synchrony between the calendar year and the tropical year. It served as a standard for European civilization until the Gregorian Reform of 1582.

The history of April Fool's Day or All Fool's Day is uncertain, but the current thinking is that it began around 1582 in France with the reform of the calendar under Charles IX. The Gregorian Calendar was introduced, and New Year's was moved from New Year’s week of March 25 - April 1 to January 1. "April Fools" was originally a day to ridicule people who had forgotten or didn't recognize the start of the New Year.

The Gregorian calendar today serves as an international standard for civil use. In addition, it regulates the ceremonial cycle of the Roman Catholic and Protestant churches. In fact, its original purpose was ecclesiastical.

The Gregorian calendar evolved from a perceived need to reform the method of calculating dates of Easter. Under the Julian calendar the dating of Easter had become standardized, using March 21 as the date of the equinox and the Metonic cycle
as the basis for calculating lunar phases. By the thirteenth century it was realized that the true equinox had regressed from March 21 (its supposed date at the time of the Council of Nicea, 325) to a date earlier in the month. As a result, Easter was drifting away from its springtime position and was losing its relation with the Jewish Passover. Over the next four centuries, scholars debated the "correct" time for celebrating Easter and the means of regulating this time calendrically. The Church made intermittent attempts to solve the Easter question, without reaching a consensus.

By the sixteenth century the equinox had shifted by ten days, and astronomical New Moons were occurring four days before ecclesiastical New Moons. At the behest of the Council of Trent, Pope Pius V introduced a new Breviary in 1568 and Missal in 1570, both of which included adjustments to the lunar tables and the leap-year system.

Pope Gregory XIII (hence Gregorian), who succeeded Pope Pius in 1572, soon convened a commission to consider reform of the calendar, since he considered his predecessor's measures inadequate.

It is estimated that that there are over forty calendars used in the world today, although many are restricted to particular religions or cultures. Some of the more popular calendars used in the world include Hebrew, Islamic, Indian and of course the Chinese calendar. Happy New Year, we think.

RIVERSIDE LANES
182 Union Street, New Hamburg REASON \#9 TO GO BOWLING
4 tickets to the movies cost what - Over \$40 4 bags of popcorn and drinks also cost around $\$ 40$, right? Then there's always the chance that your family has to sit through a movie they won't like.

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## Baden Chamber Salutes the Winners of "Lighting up Baden" Decorating Contest

Thanks so much to all of the homes in Baden who "brightened" up our lives a little bit more over the holidays, with their wonderful outdoor displays. It was a very difficult decision for the judges - but here are the winners of this year's contest, along with some very memorable honourable mentions too!

So many homes in Baden looked wonderful this season, so kudos go out to all of you.
Thanks and Happy New Year,
Baden and District Chamber of Commerce

## "Lighting up Baden"

Outdoor Decorating contest winners are:
69 Oesch St.
33 Foundry St.
4 Isaac Shantz Blvd
287 Schneller Dr.

Worth seeing as well, are the following honourable mentions:
113 Hastings Court,
16, 179 and 90 Stiefelmeyer,
100 \& 124 Elizabeth,
148 \& 283 Schneller Dr.,
382 Snyders Rd E
17 Erbach Crt.,
26 Brewery
35 Samuel Foster Crt.,
26 Wagler


29 Joseph Lichti

## Baden Chamber Celebrating 50 years!!

## We're on the web! www.badenoutlook.com



## Kristen Hahn

81 Peel St. New Hamburg, ON N3A 1E7
Ph. 519-662-3535 Fax. 519-662-1110 info@uppercasebooks.ca www.uppercasebooks.ca

## Safe Pasture Community Church Closes

Safe Pasture Community Church has closed effective December 31, 2008 due to dwindling attendance. Safe Pasture began in May 2005 meeting at the old Baden Public School. It later moved to Centennial Hall on Beck Street and most recently shared the building owned by Livingston Presbyterian Church.

Over the past four years, Safe Pasture donated in excess of $\$ 52,000$ to several groups and individuals in the Wilmot Community. This represented 40 per cent of all donations to the church. Groups included Wilmot Family Resource Centre,
C.L.E.A.N. and Interfaith Community Counselling Centre. Their focus has always been on those disenfranchised, devalued or struggling socio-economically.

Mike Douglas, pastor of the church, wishes to thank the Baden community for their support of the church and its efforts to bless the community. They were participants in many community events including the Baden Family Fun Day. Two community programs will continue until, at least, the end of the present school year. FROG, a program for kids 4-10 will continue Wednesday evenings from 6:30-

8:00 pm at Baden Public School. Parents Together, a program for moms and their kids three and under, will also continue in conjunction with St. James Lutheran church.

The next step for the church will be to decide whether to try to 'reinvent' itself or to remain closed.
'We will miss interacting with the people of Baden and trying to be a blessing to them. We will continue to pray daily for each family in Baden as we see how the future unfolds,' said Mike Douglas.

# Local Churches Welcome You 



## STI. JIAMIES ILIUTTIHIER AN CIHIUIRICIH

66 Mill Street, Baden ON
519-634-5191 Email: arly2518@rogers.com
MINISTER - Pastor Karen Kuhnert Sunday Worship 10 am - Sunday School 9:55 Nursery care provided.
"We are a family of Christians committed to the Gospel of Christ."

LIVINGSTON PRESBYTERIAN CHURCH 44 Beck St. at Mill, Baden

Sunday Worship 9:30 am All Children Welcome!
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Contact Person: Wendy von Farra - 662-3002
Come join us in praise.

## Wilmot Centre Missionary Church www.wilmotcentremc.org

2463 Bleams Road
R.R.\#2 Petersburg, Ont.

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

Rev. Don Mills Rev. Wayne Domm


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## EMMANUEL LUTHERAN CHURCH

Member of Lutheran Church-Canada) 1716 Snyder's Road East Petersburg, Ontario 519-634-5511
www.petersburgchurch.org
Worship Service: 9:30 AM
Sunday School, Bible Study, Youth Group, Women's Group, Stained Glass, Quilting, Choir
"Spreading the Word of our Lord, Jesus Christ since 1851"

Steinmann Mennonite Church
1316 Snyder's Rd. W. (at Nafziger Rd.), Baden
Children's Club
Youth Group - Friday
Young Adult and Adult groups
Worship:
Sundanday, School: Preschool - Adult, 11:00 a.m.
634.8311 $\quad$ www.steinmann.on.ca.mennonite.net

| Wilmot Township is considering changing | The deadline for comments to be included in <br> their report would be Monday, January 26th. |
| :--- | :--- | :--- |
| electoral ward boundaries. They have five |  |
| options and are asking for input from Wilmot |  |
| citizens. |  |$\quad$| For more information visit www.wilmot.ca |
| :--- |


| Approximate Township Population Information |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | PPH* | 1991* | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 |
| Baden | 2.79 | 1.464 | 1.525 | 1.576 | 1.657 | 1.810 | 2.042 | 2.371 | 2.753 | 3.314 | 3.576 | 3.808 | 4.003 |
| Foxboro Green | 2.00 | 0 | 310 | 390 | 430 | 430 | 430 | 430 | 430 | 430 | 430 | 430 | 430 |
| Haysville | 3.00 | 111 | 120 | 120 | 123 | 123 | 126 | 129 | 129 | 129 | 129 | 129 | 129 |
| Lisbon | 3.21 | 61 | 61 | 61 | 61 | 61 | 61 | 61 | 61 | 61 | 61 | 61 | 61 |
| Luxemburg | 2.45 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 |
| Mannheim | 3.40 | 598 | 720 | 754 | 775 | 809 | 853 | 914 | 992 | 1.043 | 1,064 | 1.071 | 1.071 |
| New Dundee | 2.95 | 1.043 | 1.129 | 1.143 | 1.158 | 1.158 | 1.158 | 1.167 | 1,185 | 1.199 | 1.214 | 1.214 | 1.214 |
| New Hamburg | 2.61 | 4.678 | 5.594 | 5,693 | 5.847 | 5.973 | 6.192 | 6.351 | 6.489 | 6.578 | 6.779 | 7.006 | 7.176 |
| Petersburg | 3.05 | 339 | 360 | 366 | 370 | 373 | 373 | 394 | 391 | 394 | 400 | 403 | 406 |
| Philipsburg | 2.95 | 62 | 62 | 65 | 65 | 71 | 74 | 77 | 77 | 80 | 80 | 80 | 80 |
| Shingletown | 3.23 | 97 | 100 | 103 | 103 | 103 | 103 | 103 | 110 | 110 | 110 | 113 | 113 |
| St. Agatha | 3.09 | 556 | 565 | 590 | 618 | 621 | 621 | 621 | 621 | 621 | 624 | 624 | 624 |
| Sunfish Lake | 1.83 | 11 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 |
| Wilmot Centre | 3.25 | 52 | 52 | 52 | 52 | 52 | 52 | 52 | 55 | 55 | 55 | 55 | 55 |
| Non-Settlement | 3.00 |  |  |  |  | 3.243 | 3.261 | 3.264 | 3.270 | 3.279 | 3.288 | 3.288 | 3.312 |
| Township** |  |  |  |  |  | 14.866 | 15.385 | 15.974 | 16,603 | 17,333 | 17.850 | 18,321 | 18.713 |
| - Calculated from 1991 Assessment Estimates <br> - 2001 entire Township population taken from 2001 Census data December 31, 2008: Township of Wilmot Development Services |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Wilmot Township continues to grow... check out the latest population stats.


OK, Show of hands.. Who's tired of snow?

## W \& W Liquidators

## Handles / Hinges / Knobs / Spindles / Cabinet Hardware



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## Bob \& Jean Wood <br> ** Residing in Baden for 45 years ** In business for over 20 years.

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## The Mayonnaise Jar and Two Beers

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the story of the mayonnaise jar and the two beers:

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles and poured them into the jar He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous 'yes.'

The professor then produced two Beers from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed. 'Now,' said the professor as the laughter subsided, 'I want you to recognize that this jar represents your life. The golf balls are the important
things---your family, your children, your health, your friends and your favourite passions---and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car. The sand is everything else---the small stuff. 'If you put the sand into the jar first,' he continued, 'there would be no room for the pebbles or the golf balls.

The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. 'Pay attention to the things that are critical to your happiness. Spend time with your children. Spend time with your parents. Visit with grandparents. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first---the things that really matter. Set your priorities. The rest is just sand.'

One of the students raised her hand and inquired what the beer represented. The professor smiled and said, I' $m$ glad you asked.' The beer just shows you that no matter how full your life may seem, there's always room for a couple of Beers with a friend.'

Email Submission from Betty Orr


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* Root canal treatment
* Bleaching/whitening
* Headache/migraine control (related to TMJ)


## Wimot Hertace Fipe Bricades: Wiat's Ihappenng

It's an exciting time at the Wilmot Heritage Fire Brigades: the 2009 Board of Directors has been elected, and the officers are as follows:
President: Kenton Frey Vice-President: Bruce Gerber Secretary/Treasurer: Blain Bechthold


Congratulations to all members of the Board -- this year is proving to be a milestone for the WHFB as we continue to work towards making the new museum building a reality. If you'd like to know more -- or just want to wander through one of the best firefighting artefact collections in Canada -- then drop by the museum (behind the Baden Fire Station) any Wednesday night.

The WHFB was busy as usual in December attending the area's various Santa Claus Parades. On December 6th, two of our oldest trucks (1935 and 1939 pumpers) won 2nd prize in the Baden Santa Claus parade. Our trucks also joined the fun in New Hamburg, Wellesley, and St. Agatha, where the crowds enjoyed the opportunity to see these fine examples of Wilmot's firefighting history. Many thanks to our drivers Bert Currie, Kenton Frey, Gilles Lambert, Evelyn Gascho, and Blain Bechthold.

The December parades end a year of increasing demand for the WHFB trucks: there are seven antique Wilmot Township trucks in our collection, all of which may be viewed at our museum. Some of the trucks may be available for

Safety Salt $20 \mathrm{~kg} \$ 5.44$ Safety Salt $40 \mathrm{~kg} \$ 8.48$

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(Offer exclusive to retail customers, does not apply to contractors) appearances at private functions: contact Kenton Frey at 519-634-8580 for more information. And check out the photo of our 1956 International pumper (shown here in the Elmira Fire Department's 100th Anniversary parade in 2008).

Finally, WHFB will be part of an exhibit at the Guelph Museum called "Curator's Choice: Treasures from Local Museums, Archives and Art Galleries." April 9 - Sept. 27, 2009. Watch for our next Outlook "What's Happening" to read about the unique firefighting artefact WHFB will send -- you'll be intrigued by the story behind this peculiar antique! Until then, have a safe and fire-free winter -- we'll see you in the spring!

Submitted by Teresa Brown


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## N.H. Thrift Centre-Two Years and Counting!

Thursday, January $\mathbf{1 5}^{\text {th }}$ marks the two-year anniversary of the New Hamburg Thrift Centre. The new centre is the result of the merger between two MCC thrift shops into one mega store of 8,000 sq feet. The last two years have been "exciting ones" says Christa Gerber, general co-manager. "I can't believe how fast the time has gone."

Since merging in the new location, the thrift centre has seen a steady increase in sales and customers. "We regularly see customers from Kitchener, Stratford and Cambridge" says Furniture Manager, Bruce Steckley. The support from our local community has been tremendous and is very much appreciated by both the staff and volunteer Board of Directors.

The six staff members Christa Gerber, Terry Jutzi, Karla Richards, Joanie Willms, Jim Martin and Bruce Steckley, keep the centre running on a daily basis; but they could not do it without the help of over 200 volunteers. A wonderful volunteer appreciation event was held on October 28 to honour their ongoing efforts.

New ideas are always in motion at the thrift centre. The latest project is the addition of a garden from which they will sell fresh produce following the annual Perennial Sale in May. In May 2008 the thrift centre participated at the Mennonite Relief Sale featuring the hand-woven mats produced exclusively by volunteers. Plans are in place to participate again in 2009.

Reflecting on the last two years, one could not overlook the contribution the organization has made reaching \$3,000,000 in forwardings to Mennonite Central Committee since its conception in 1981. Mennonite Central Committee (MCC) is a relief agency working among people suffering from poverty, conflict, oppression, and natural disaster.

Very active in our local community, the thrift centre continues to build relationships and partnerships with other local agencies such as Wilmot Family Resource Centre, John Howard Society, House of Friendship, Waterloo Oxford DSS and many more.

To celebrate this two-year anniversary, the New Hamburg Thrift Centre will hold a one-day - only sale with $15 \%$ off everything in the store on Thursday, January $15^{\text {th }}$ from 9 am $-5 \mathbf{~ p m}$. This includes mats, quilts, new crafts and all donated items. Drop in, enjoy some refreshments and support the volunteers, MCC and all those who benefit from this very worthwhile community service.


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

## $2^{\text {nd }}$ Anniversary Sale!

## Thursday, January 15 15\% off Everything in the Store!

Includes hand-woven mats, quilts, new crafts, furniture, clothing, books, etc!
(Silent auction excluded)


## All proceeds benefit <br> the work of Mennonite Central Committee

## REGULAR HOURS

Mon-Thurs 9:00 am - 5:00 pm Fri $9.00 \mathrm{am}-8.00 \mathrm{pm}$ Sat 9:00 am-4:00 pm

| Answers from the Triplets Quiz-page 9 |  |
| :--- | :--- |
| 1. Harry 9. Candlestick maker <br> 2. Charity 10. All things nice <br> 3. Barrel 11. Listen <br> 4. Sinker 12. Brahms <br> 5. Handsome 13. Nod <br> 6. Song 14. Beads <br> 7. Wise 15. Mineral <br> 8. Obey  |  |



## Baden - We've Got Your Number'

Numbers... they tell a story, they define the facts... they are all about stats...

| 1 | Community "Strong and Proud" |
| :--- | :--- |
| 9 | Portable Classrooms at Baden Public School |
| 11 | Successive years - Wayne Roth has been Mayor of Wilmot Township (since 1997) |
| 14 | School buses service the Baden Public School each day |
| 22 | Hours required to print the Baden Outlook |
| 25 | Members in the Baden Fire Department |
| 43.4 | Baden's latitude |
| 45 | Height of new Baden water tower in metres (148 feet) |
| 50 | Number of years that the Baden Chamber of Commerce has been serving Baden |
| 57 | Staff Members at Baden Public School |
| 80.67 | Baden's longitude degrees |
| 250 | Height of the broadcast tower on the Baden Hill in metres |
| 800 | Students enrolled at Baden Public School |
| 1874 | The year that The Baden Hotel (currently EJ's) opened their business |
| 1922 | The year that the Baden Scouting Group had their first meetings |
| 1953 | On December 24 CKCO transmitted their first test signal from the Baden Tower |
| 1954 | CKCO aired their first broadcast from the Baden Tower on March 1st at 6 p.m. |

The following are the elements that make up a 154-pound man:
100 pounds of oxygen 27.72 pounds of carbon 15.4 pounds of hydrogen 4.62 pounds of nitrogen 2.31 pounds of calcium 1.54 pounds of phosphorous 0.54 pounds of potassium 0.35 pounds of sulfur 0.23 pounds of chlorine 0.23 pounds of sodium 0.007 pounds of magnesium 0.0006 pounds of iron .0045 pounds of manganese Tiny traces of zinc, copper, fluorine, silicon and iodine

1954 CKCO aired their first broadcast from the Baden Tower on March 1st at 6 p.m.
2,425 Copies of The Baden Outlook printed each month as of January 15, 2009
4,003 Population of Baden as of January 1, 2009 according to Wilmot Township
4850 Staples required to publish The Baden Outlook
5,400 Water storage at the new Baden Water Tower in Cubic metres (1,200,000 Imperial Gallons)

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Please see the following website for more information. www.genbukan.ca

Pick up/drop off at Teddy's Bakery - Tues \& Fri.


## Baden Outlook Hockey Pool Stats

| Place Name | PTS | Place Name | PTS |
| :---: | :---: | :---: | :---: |
| 1st Landon Roth | 481 | 19th Todd Loree | 456 |
| 2nd Tristan Culbert | 470 | 32nd Gord Mills | 455 |
| 3rd Dave Flood | 467 | 33rd Lauren Coxon | 454 |
| 4th Kelly Kittmer | 464 | 33rd Maria Azeveds | 454 |
| 5th Darryl Roes | 463 | 33rd Michael Vitello | 454 |
| 5th Janet Mckee | 463 | 33rd Paul Jacklin | 454 |
| 5th Valerie Taves | 463 | 33rd Steve Campbell | 454 |
| 8th Adrien Lajoie | 462 | 38th B. Hopiavuori | 453 |
| 8th Bruce Leis | 462 | 38th Dan Munroe | 453 |
| 10th Josh Frank | 461 | 38th Dave Schnarr | 453 |
| 11th Ben Yeates | 460 | 38th David Kleine | 453 |
| 11th Kevin Erb | 460 | 38th Sarah Kinch | 453 |
| 13th Bill Slumskie | 459 | 43rd Wayne Stock | 452 |
| 13th Ray Miller | 459 | 44th Colin Hammer | 451 |
| 13th Rita Vitello | 459 | 44th Dick Potvin | 451 |
| 16th Adam Hoerle | 457 | 44th Don Becker | 451 |
| 16th John Nahrgang | 457 | 47th Brenda Carney | 450 |
| 16th Una Taves | 457 | 47th Chris Murray | 450 |
| 19th Agnes Bender | 456 | 47th Howard Schell | 450 |
| 19th Amanda Carney | 456 | 47th Sam Simpson | 450 |
| 19th Bill Struth | 456 | 47th Ty Brenner | 450 |
| 19th Dan O'connell | 456 | 52nd Betty Yantzi | 449 |
| 19th Dan Schaefer | 456 | 52nd Ed Eckert | 449 |
| 19th Doreen Dean | 456 | 52nd G.Schwartzentruber | 449 |
| 19th Elvira Brattan | 456 | 55th John Westlake | 448 |
| 19th Hajima Hasegawa | 456 | 55th Matt Jackowetz | 448 |
| 19th James Osburn | 456 | 55th Peggy Colomb | 448 |
| 19th Marg Leppington | 456 | 58th Chris Baechler | 447 |
| 19th Ruth Schnarr | 456 | 58th Mike Thomson | 447 |
| 19th Sheila Martin | 456 | 60th J.Henry Brattan | 446 |

Congratulations to Tristan Culbert for taking the leader prize in this month's Hockey Pool - winning a gift certificate from EJ's of Baden. (Congrats to you too Landon, but remember, you're only able to winner the leader prize once!)

The lucky random draw winners are Peggy Colomb, winning a gift certificate from Egli's Meat Market, and Daniel Jutzi, winning a breakfast from Teddy's Bakery and a Baden Outlook shirt.

## EGLIE MDAT MAREDT

162 Snyder's Rd E., Baden 634-5320


WOW! Sports fans...Thanks for playing hockey with us! There are 521 entrants in this year's Outlook Hockey Pool. Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow the stats log on to our website at www.badenoutlook.com - Click on sports pool-choose "hockey" the pool I.D. is outlookhockey and the password is guest. The top 100 entries will be listed - to view all teams click on "more teams" on bottom of page. Have Fun and Good Luck!


## Welcome To Baden! - Raydan Manufacturing

October 1, 2008 Raydan Manufacturing Ontario took possession of the former Ryder Truck Rental property on Sandhills Road north of Snyder's Road East. The 20,000 square foot shop has ten bays and the seven-acre property offers lots of room for future expansion. The company has been looking for a location such as this for several years.

Raydan Ontario is a wholly owned subsidiary of Raydan Manufacturing Inc, with its headquarters in Nisku, Alberta - just outside of Edmonton. Raydan Ontario is made up of three divisions: 'Delta Spring', which is located in Breslau and ‘Sturdy Truck Body’ and ‘Raydan Manufacturing' both situated at the Baden location. The Ontario head office for Raydan is also located in Baden.

The Sturdy Truck Body division has been around since 1955 and has moved to Baden from Riverbend Road in Kitchener. It is the Truck Equipment side of the business. Base trucks (called a cab \& chassis) are supplied and Sturdy will install whatever is required to put them to work for their customers. Examples of this would include steel and aluminium dump trucks, service bodies (hydro trucks), stake bodies, flat beds etc (as seen in top 2 photos). The company can custom-make them or install pre-made
 equipment. Sturdy's business is mostly in Ontario and includes customers such as the cities of Hamilton and Kitchener plus many regional governments to name a few.

The Raydan Manufacturing, Alberta location, engineers and manufactures specialized suspensions for the global market such as for fire trucks and the crane markets.

It also provides front tandem steering assemblies for markets such as ready mix concrete industry (see photo - first truck to be retro-fitted in Baden). Raydan Ontario will be serving Eastern North America by doing the modification and installation of these assemblies. Trucks arrive as a single steer axle and leave as a tandem steer axle. The company would hope to modify up to 200 vehicles each year. Raydan is also currently bidding on military contracts to refurbish military vehicles and equipment, which if won, would be overhauled at the Baden facility.

The third piece of the Raydan Ontario group is the Delta Spring location in Breslau. The business has been around since 1971 and focuses on the sales of parts and repairs to commercial vehicles with specialities in suspension, steering, hydraulics and truck equipment components. Their business mostly comes from this region. They have also been kept very busy this winter with snowplow installations. Delta Spring purchased Sturdy Truck Body in January of 2005 and Raydan purchased Delta Spring in March of 2006 to form one company.

The Baden shop will also be working on chassis alterations, hydraulic systems, pickup and van upfitting, lift gates and truck accessories. Currently the Baden facility has fifteen employees but very shortly will double that number. The company is very happy with their new location and plans to be in Baden for a long time. Thanks to Brian Ahrens, Director of Eastern Operations for the information and the tour of the Baden facility.

85A Huron Street, New Hamburg, Ontario N3A 1K1
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## Baden Branch Library News

Family Literacy Day is celebrated each year by families and communities across Canada on January 27. In celebration of Family Literacy Day 2009, Canada is going for a world record! All Canadians are encouraged to participate on January 23 and/or 24, 2009 in an attempt to break the Guinness World Record for "Most Children Reading With an Adult, Multiple Locations". The current record is 78, 791, set by the U.S. in 2006 (as of this writing, 62,558 Canadians have registered - to register your family or for more information, go to www.abc-canada.org).

This special day will be celebrated in Waterloo Region on Sunday January 25 and the Region of Waterloo Library is one of many organizations that will have an information and activity booth at Conestoga Mall during the event from 11:00 a.m. - 3:00 p.m. Come out and enjoy many literacy-themed activities!

The Baden Branch Library presents: Come Read With Me - an evening family story time recommended for parents/caregivers and children 3-7 years old. This program is held Thursday evenings from January 8 - March 5 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!

The annual magazine sale continues ... great deals on past issues of your favourite magazines - 25 cents each or 5 for $\$ 1$.

Drop by and check out our collection of winter books. Take one out and enter your name to have a chance to win an autographed Kitchener Ranger hockey stick!

Need a library card? Why not make a new year's resolution to get one? They are free!

For more information contact the library at 519-634-8933 or by email at badenlib@region.waterloo.on.ca Website - www.rwl.library.on.ca

Region of Waterloo
LIBRARY
Submitted by Chris Baechler, Assistant Supervisor, Baden Branch

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## Interesting People - Meet Keith Thom

Baden resident, Keith Thom - musically known as Papa Thom, has been playing music for 36 years. He has played gigs locally and at coffee houses in Toronto. He has also played in far away places such as Spain, North Africa, Holland and Europe during a year long tour. Musically his style has been described as "Folky, Funky and Bluesy". His energy is contagious; his passion mesmerizing; and his lyrics - thought-provoking.

Papa Thom's second passion is volunteering in Kitchener at "ROOF"(Reaching Our Outdoor Friends), which assists young, sometimes homeless, people in transition. ROOF is open 24 hours a day while most other shelters are open only during the overnight hours. Keith spends Tuesdays at the centre using music as a way to get in touch with young people and soothe their souls.

Keith shared two stories with the Baden Outlook:
A 12 year old girl, who was staying at the shelter, was abused by her father at age three, and by two consecutive stepfathers. She felt it was safer to be on the streets than at home, so the centre took her in. It was three months before she would trust Keith and it was music that bridged the gap.

The second incident occurred one evening when two angry youths came into the building. Keith was singing "Piano Man" at the time and continued to play even with the boisterous troublemakers presence. By the end of the song the two were quietly seated, enjoying the music. Events such as these motivated Papa Thom to organize the "Shepherd's Pie Tour".

Beginning in February 2009, for three months, Papa Thom will be driving across Canada in the dead of the winter in his RV raising awareness of homeless young people's issues. With the help of other young people from area schools and youth groups he will be cooking up good, wholesome Shepherd's Pie and sharing it with local young people whose lives are in transition. He will also be playing his music at the stops and any extra money made along the way will be used to buy musical instruments for the shelters. Fellow musician and New Hamburg native, Tom Elliot, recommended Shepherd's Pie to Keith as an easy meal to make that includes many good food groups.

Keith will spend a week in Toronto, before officially hitting the road on February 15. His first stop will be Kingston, followed by Belleville, Ottawa, and North Bay, then across the Prairies. He has had fantastic support from local companies. Pfennings Organic Foods has contributed the vegetable supplies needed for this area

and has set up contributions through other organic growers across Canada. Max Lass of New Hamburg has agreed to donate the organic beef for this area and Erb Transport has given a very generous donation for the cause.

Keith needs $\$ 8,000$ for the venture and would like to have that amount before he leaves. Currently he has raised $\$ 2,400$ and is asking the community for help. He has come up with several ideas for fundraising that might interest locals. He would come to your home to sing and cook Shepherd's Pie. He would also play music at local churches (during the service or in the evening) and at local schools or he would gratefully accept a donation. He has set up a trust fund at TD Canada Trust and would encourage people wishing to donate to contact him at 519-4041836 or email at papathom@bell.blackberry.net .

Keith says that the homeless situation is worse than most people think. As an example, there are up to 500 people who use the ROOF facilities each year. Many people feel that Toronto is the only town that has a problem, but it is more far-reaching than that.

It seems fitting that a good shepherd such as Papa Thom would be serving Shepherd's Pie. Please help him in this cause.


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Mariko Ogasawara grew up in Japan and learned the art of Shiatsu at an early age. Shi means finger, and Atsu pressure, in Japanese. She was never formally trained but learned it hands-on by giving "treatments" to her mother and grandmother. She became skilled at finding knots in muscles and manipulating them to ease pain.

Mariko and her husband, Morio, moved to Baden in 1980, she was a stay-at-home mom. As her two children grew, she started looking to get back into the work world in a way which would accommodate her skill and family life. She was encouraged by Morio to pursue a career in using her hands. She had heard about reflexology and its benefits, and found some similarities to Shiatsu, so in 1996, she enrolled in a course in Guelph. The course included the history and theory of the natural healing art along with anatomy and physiology, as well as the map of reflexes and techniques. Even though it was a struggle to learn some medical terms in English which were new to her, she passed the written and practical exams with flying colours and became a certified foot reflexologist. And she was certified with Hand reflexology last year as well.

The general concept of reflexology is that there are reflexes and zones in the hands and feet which correspond to all parts, glands and organs of the body. Reflexology is the application of pressure to points (reflexes) on hand and feet to stimulate corresponding parts of the body. As the result, it increases circulation of the whole body, promotes relaxation, to help relieve stress and pain. It also strengthens the immune system to fight or
prevent infections. Reflexology encourages the body to heal itself, and reflexologists like Mariko help the process.

Although most of the clients come with certain conditions, reflexologists do not diagnose, prescribe for, or treat any specific illness. However there are plenty of testimonials of
 reflexology relieving symptoms such as sinus infection, migraine, cold, back pain, digestive problem and the list goes on. What she likes about reflexology is that it is for the health of whole body/ mind even though it is only through feet (or hand). Mariko encourages her clients to come to a session (about one hour), weekly at the beginning till they see conditions improve, then gradually adjust the frequency according to their need. To maintain over-all health, a once a month session is recommended.

Mariko is part of the Grand River Reflexology Associates (GRRA) which supports each other, provides continuing education, promotes reflexology, and also volunteers services to events. Its brand new web site is coming soon.

Mariko marvels that she has been practising reflexology from her home for 13 years. She loves meeting and helping people. Mariko’s phone number is 519-634-8935 and her e-mail address is mariko_ogasawara@hotmail.com

Mariko wishes to encourage everyone to have A Healthy New Year!



The local swans and ducks seem to enjoy this winter day at their favourite spot on Baden Creek on Brewery Street.

Thanks to Tessa Weber for sharing this great pic with us.

Want to Learn to Cook Whole Foods? Whole Foods Cooking Retreat!


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Fri. March 13th 7 pm to Sun. March 151 pm

## Whole Foodies <br> Featuring Michael Fisher, Nutritionist Visit www.wholefoodies.org for details!

## the Health \& Wellness Page <br> Submitted By Míchael Fisher, R.N.C.P

Not getting back on track after the holidays? Why is it that every year we lose our composure during the holidays and always have a hard time getting back on track? It's almost like the New Year's resolutions are a self imposed prank to catch us when we're at our weakest! But then again, maybe this time of year of new beginnings is nicely matched with the aftermath of our holiday consumption.

## We really only get on the wagon when we know we're off it.

So, is being off the wagon all that bad? Not really, in fact falling off the wagon is just a part of being on the wagon. It's unrealistic to eat exactly as you wish all of the time, when you're interested in change. Anyway - that's not the nature of change. Take a look at stock market flux and you'll notice a pattern, up and down, up and down, etc. This is more similar to how things really change, and so if you're caught in a low and telling yourself "you can't do it," then it might be helpful to understand that you're going to waver from your perfect diet. If you want to eat like a rabbit but you currently eat like a pig, then there are going to be a lot of "ups and downs" until you get there. Being in a dietary low for a while is al part of your transition upwards.

## Be patient.

Knowing that you have the intent to eat better is all that is required for healthy transition. Just hold on to that intention and don't let it waver. It may not mean that you'll eat exactly as you intend, but it will get you closer to. We're not perfect beings, but even nature knows that the up and down cycles of change are perfect, and so maybe, in a way, these ups and downs we face through the holidays is perfection - a part of the larger process. It's been said before, that a cruise liner doesn't turn on a dime. Turning a ship that big takes time, but little effort. Make a small shift at the wheel, and over time you'll be heading in an entirely different direction. Our eating habits are as big as that ship - eating similar foods for years and years creates a desire for those foods. It is unkind to your body to
abandon foods that you've been eating for years to replace them with new age health foods that your body has never encountered. It's shocking to the body and that sudden switch to healthy eating can quickly be accompanied by a crashing low, resuming in our old habits, or worse - leaving one buried in a cookie jar or chip bag that wasn't a problem in the first place.

## Make smooth transitions.

Don't make your transition rocky by starting and stopping a diet, nor by eating so dramatically different that your family doesn't recognize what's on their plate. Having small ups and downs can create a healthy transition that is quite healing. Healing occurs when the diet is purer and the body is balanced. So the up and down pattern will ultimately lead us to health sooner than a crash diet and is vastly easier to maintain.

## Here are some simple ways to make dietary transitioning more harmonious:

If you eat white rice, start mixing it little by little with brown rice.
Use more vegetables at each meal.
Buy better quality ingredients.
Use natural sweetener (honey) in place of sugar. Add leafy green vegetables to anything you cook.

Submitted by Michael Fisher<br>Visit Michael online at www. wholefoodies. org for healthy eating and cooking videos, recipes and articles.<br>Michael has a health coaching service entitled Good For You Coaching which combines life coaching, nutritional consulting and private cooking lessons. www.goodforyoucoaching.ca<br>Michael Fisher<br>Whole Foodies<br>foodies@wholefoodies.org<br>mike@michaelfisher.ca



Happy First Birthday Georgia, on February 3 You are the most lovable baby in Baden! Lots of love Mom, Dad and Denby (the Nannydoodle).


Mike and Katie Tonin are happy to announce the arrival of Carter Michael Tonin, born at Grand River Hospital on December 10th, 2008 at 4:32 am, weighing in at 7 lbs 202 . Spoiling privileges go to grandparents, Barry and Joanne Stemmler of St. Agatha and Rob and Deb Tonin of Waterloo. Welcome to the world Carter, we all love you!

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## RE/MAX Twin City Realty Inc., Brokerage

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